

SPRING 2015

# THE PLAYBOOK



CITY OF EULESS PARKS & COMMUNITY SERVICES



PlayEuless.com

INSIDE: ATHLETICS pg.3 EVENTS pg.4 CLASSES pg.10 AQUATICS pg.15 SENIORS pg.24 RENTALS pg.28



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## Special City Council Election

December 9

Mary Lib Saleh Euless Public Library, 201 N. Ector Dr.

The City of Euless will be holding a special election on Tuesday, December 9, 2014. The Special Election for Place Five will be held to elect a Council Member to fill an unexpired term (expiring May 2015). For an updated listing of the candidate filings, visit [www.eulesstx.gov](http://www.eulesstx.gov).

	<b>EARLY VOTING SCHEDULE</b>
Nov. 24 – 26	Monday - Wednesday 8:00 a.m. to 5:00 p.m.
Nov. 27 – 30	Thursday - Sunday CLOSED
Dec. 1 – 3	Monday – Wednesday 8:00 a.m. to 5:00 p.m.
Dec. 4 – 5	Thursday – Friday 7:00 a.m. to 7:00 p.m.
	<b>ELECTION DAY SCHEDULE</b>
Dec. 9	Tuesday 7:00 a.m. to 7:00 p.m.

Questions? Contact the City Secretary's office at 817-685-1419 or visit [www.eulesstx.gov](http://www.eulesstx.gov).

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**Parks and Community Services**  
817-685-1429

**Euless Family Life Center**  
817-685-1666

**Euless Family Senior Center**  
817-685-1671

**Athletics**  
817-685-1838

**Facility Rentals**  
817-685-1649

**Softball World**  
817-267-7135

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**Ray McDonald, Director of Parks and Community Services**  
817-685-1669 / [rmcdonald@eulesstx.gov](mailto:rmcdonald@eulesstx.gov)

**Terry Boaz, Parks Superintendent**  
817-685-1653 / [tboaz@eulesstx.gov](mailto:tboaz@eulesstx.gov)

**Suzanne Hendrickson, Recreation Manager**  
817-685-1662 / [shendrickson@eulesstx.gov](mailto:shendrickson@eulesstx.gov)

**Chris Thames, General Manager Parks at Texas Star and Softball World**  
817-685-1655 / [cthames@eulesstx.gov](mailto:cthames@eulesstx.gov)

**John Douthitt, Athletics Supervisor**  
817-685-1838 / [jdouthitt@eulesstx.gov](mailto:jdouthitt@eulesstx.gov)

**Jeff Henkelman, Athletic Coordinator**  
817-685-3100 / [jhenkelman@eulesstx.gov](mailto:jhenkelman@eulesstx.gov)

**Diane Eggers, Family Life Senior Center Supervisor**  
817-685-1670 / [deggers@eulesstx.gov](mailto:deggers@eulesstx.gov)

**Renee Garrett, Family Life Senior Center Programmer**  
817-685-1871 / [rgarrett@eulesstx.gov](mailto:rgarrett@eulesstx.gov)

**Robbie Rodgers, Family Life Recreation Center Coordinator**  
817-685-1668 / [rrodders@eulesstx.gov](mailto:rrodders@eulesstx.gov)

**Kali Goodfellow, Family Life Recreation and Aquatics Coordinator**  
817-685-1681 / [kgoodfellow@eulesstx.gov](mailto:kgoodfellow@eulesstx.gov)

**Jerry Poteet, Volunteer and Special Events Coordinator**  
817-685-1449 / [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov)

**Ofa Faiva-Siale, Special Projects/Rentals Coordinator**  
817-685-1649 / [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov)

**Jeff Towne, Graphic Artist**  
817-685-1876 / [jtowne@eulesstx.gov](mailto:jtowne@eulesstx.gov)

**Jordan Peterson, Administrative Secretary**  
817-685-1828 / [jpeterson@eulesstx.gov](mailto:jpeterson@eulesstx.gov)



For additional information regarding all our athletic programs, call the athletic office at 817-685-1838.



### **The Parks at Texas Star Baseball League Spring 2015**

**Registration January 2 – February 8**

Ages 4 – 12; A, AA, AAA, Majors Divisions

For more information call 817-685-1838 or log onto [www.parksattexasstar.com](http://www.parksattexasstar.com)

### **Men's Basketball League**

**Registration March 1 – 31**

Cost is \$245 per team. Six game season plus playoffs.

For more information, call Jeff at 817-685-3100 or log onto [www.eulesstx.gov/pacs/athletics/?ID=5](http://www.eulesstx.gov/pacs/athletics/?ID=5).

### **Women's Basketball League**

**Registration May 1 – 31**

Cost is \$345 per team. 10 game season plus playoffs.

For more information call 817-685-3100 or log onto <http://www.eulesstx.gov/pacs/athletics/?ID=4>.

### **Youth Summer Track Team**

**Registration April 6 – May 11**

Cost is \$25 per athlete plus event fees.

For more information call 817-685-1838 or log onto <http://www.eulesstx.gov/pacs/athletics/?ID=16>.



### **Softball World**

[www.SoftballWorld.us](http://www.SoftballWorld.us)

1375 W. Euless Blvd, Euless, TX 76040

(817) 267-7867

[cthames@eulesstx.gov](mailto:cthames@eulesstx.gov)

Tournament play is offered every weekend February through December including USSSA State Qualifiers, National Invitationals, State Championships, Nationals and World Tournaments for Men, Women and Coed Slow Pitch softball teams. League Play is offered for both Softball and Kickball.



### **Co-Ed Bubble Soccer League Winter 2014**

[www.PlayEuless.com](http://www.PlayEuless.com) / (817) 685-3100

[jhenkelman@eulesstx.gov](mailto:jhenkelman@eulesstx.gov)

Registration: November 1-30

Cost: \$400 per team

Game Days: Saturday night, 5 p.m., 6 p.m., 7 p.m., etc.

Game Location: Euless Family Life Center  
300 W. Midway Drive

Season Begins: December 13

Supplies: Like-colored shirts and knee pads

Rosters: 10 players per roster

Age: 16 years and older



## Special Events



### Christmas Parade of Lights 2014 "A Patriotic Christmas"

**Saturday, December 6, 6:30 p.m.**

**Euless Family Life Center**

**300 W. Midway Dr.**

**SPECIAL NOTE:** The Parade begins at 6:30 p.m. at Midway Dr. and 157. It will travel EAST on Midway and end at the Euless Family Life Center. Even Santa Claus won't miss this year's spectacular display of moving lights. Organizations of all kinds may enter floats in the best parade in Texas! Let your imagination run wild as you consider this year's theme – A Patriotic Christmas. Parade award winners will be announced on [www.eulesstx.gov](http://www.eulesstx.gov) the next Monday. For more information call Jerry Poteet at 817-685-1449 or visit [www.eulesstx.gov](http://www.eulesstx.gov).

### Ice Fest 2014

**Saturday, December 13, 2 p.m.**

**Dr Pepper StarCenter, 1400 S. Pipeline Rd.**

Holiday fun for the whole family! General seating and Santa skate \$3.00. Reserved seating on the ice and Santa skate \$15. Starring two-time U.S. National Champion Ashley Cain, Russian Junior National Champion Alex Krasnozhan, and National Competitor Benjamin Shou. Plus special guest Santa Claus.

**3:30-4:30 p.m.**

**Holiday Ice Show**

**4:30-6:30 p.m.**

**Skate with Santa and the Cast**

### Heritage Park Christmas Celebration

**Saturday, December 13, 1 - 5 p.m.**

**Heritage Park, 201 Cullum Dr.**

Celebrate an old fashioned Christmas at historic Heritage Park. Members of the Euless Historical Preservation Committee will conduct guided tours of the 160+ year-old Himes Log House, McCormick Barn and the Fuller House—all decorated for the holiday season. Visit the Euless Heritage Museum and learn about Euless history. You can listen to local choirs sing your Christmas favorites, visit our petting zoo and enjoy great arts and crafts. Kids can visit with Santa Claus and make their own Christmas ornaments. And we'll have free refreshments for everyone! Holiday cheer and Euless history wrapped up in one great afternoon! Call 817-685-1666 for more information.

### Christmas Tree Recycling Event

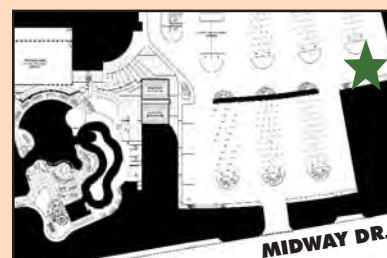
**Saturday, January 3**

**10 a.m. – 1 p.m.**

**Euless Family Life Aquatic Park – Parking Lot**

**300 W. Midway Drive**

Don't throw away your Christmas tree: Recycle it! The city uses the mulch throughout the year to maintain city parks and medians. Residents may bring their own bag to fill with



mulch for their gardens or flowers. Limit one bag per person. The Parks Department may work with residents on additional quantities if available. Residents may dispose of LIVE Christmas trees only (with no ornaments or lights) at the designated area of Midway Park from December 26 - January 3. On January 3 the city will host a tree mulching demonstration and will give away bags of mulch and tree saplings to the public. Additionally, hot dogs and drinks will be available for free to anyone who participates in the recycling event. For more information call 817-685-1650.

### Family Life Center Open House

**Saturday, January 3, 10 a.m. to noon**

Be our guest for the day and learn how you can reach your fitness goals at the Euless Family Life Center. Speak with our knowledgeable instructors, try out free



class demonstrations, tour the facility, and register for programs. We will also have refreshments and activities for children. A photo ID is required if you would like to use the facility free for the day. Please call (817) 685-1666 for more information.

### **Daddy / Daughter Valentine's Dance**

Friday, February 13, 6:30 – 8:30 p.m.

Tickets - \$10 per couple (each additional sibling is \$5) available at the Euless Family Life Center beginning January 15. Attention all Dads, Uncles, and Grandpas: This is the event you've all been waiting for. Grab your favorite little lady and get ready for a night you'll both remember forever. Enjoy a night of dancing, refreshments, goody bags, photos, and more. Create memories that will last a lifetime for you and the most important girl in your life. All ages are welcome.

### **Valentine's Day Celebrations**

#### **Mother / Son Valentine's Brunch**

Saturday, February 14, 10:30 a.m. – 12:30 p.m.

Tickets - \$10 per couple (each additional sibling is \$5) available at the Euless Family Life Center beginning January 15. Attention all Moms, Aunts, and Grandmas: This is the event you've all been waiting for. Grab your favorite little man and get ready for a day you'll both remember forever. Enjoy a nice brunch, entertainment, goody bags, photos, and more. Create memories that will last a lifetime for you and the most important boy in your life. All ages are welcome.

#### **Valentine's Day Dinner**

Saturday, Feb. 14, 6-9 p.m.

Discover Euless' best kept secret on Valentine's Day and enjoy a romantic three or four course dinner at Raven's Grille. Menus will be paired with wine and champagne. Treat that special someone in your life to a delicious and romantic menu offering on Valentine's Day. You will start with your choice of a scrumptious appetizer and salad, move on to a mouthwatering entrée and finish with a heavenly dessert. Make your reservations soon for a very special Valentine's Day dinner by Raven's Grille. Call 817-685-1847 to secure your spot.

### **Hometown Food Bank**

Monday, March 9

9 a.m. – noon

6 Stones Mission Network

209 N. Industrial Blvd.

Volunteers will meet at the 6 Stones Campus West facility to inspect, separate, and distribute food for those that are in need. If you are interested, please contact Jerry Poteet at 817-685-1449 or [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov). There is only enough room for the first 30 volunteers who sign up.

### **Texas Trash Off & Community Work Day**

Saturday, April 11

9 a.m. - noon

Villages of Bear Creek Park

1951 Bear Creek Parkway

Volunteers are needed for the Annual State Wide Texas Trash Off and Parks Community Work Day. Grab a friend and meet us at the Villages of Bear Creek Park (see the park map on page 31). When you arrive, you will receive a trash bag, plastic gloves, and bottled water, and everything that you will need for this event. In addition, we will also have several project related activities that you or your group could partake in. Items may include, painting trail signs or picnic tables, spreading mulch or preparing for the Arbor Daze festival. You will then be assigned to various areas of our city to pick up trash or participate in a project to help beautify our community. Afterwards meet us back at the park for a free hot dog lunch including chips and a drink. For more information, please contact Jerry Poteet at 817-685-1449 or [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov).

### **Arbor Daze**

Final Weekend of April

City Hall Complex, 201 N. Ector Drive

Volunteers are needed for our National Award-Winning Arbor Daze Festival. We need over two hundred volunteers for the Kidz Zone, Tree Give-Away, Forestry Village and other exciting areas. Please sign up for your time slot by calling Jerry at 817-685-1449 or e-mail him at [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov). Vendor applications are available at [www.arbordaze.org](http://www.arbordaze.org) in January.



## HEB ISD Encore Pass Invites Senior Citizens Back to School

People who are age 65 or older and who would like to attend athletic and cultural events in HEB ISD free of charge are encouraged to sign up for the Encore Pass card. The card admits the holder to events free of charge with some exceptions. For example, Encore cards are not valid for play-off games or games not sponsored by HEB ISD.

To enroll in the program simply stop by the front reception desk at the HEB ISD Administration Building, 1849 Central Drive in Bedford, and fill out an enrollment form. Enrollment requires an ID to show birth date. An ID is required at the event in order to use the Encore card. Residency in Hurst, Euless, or Bedford is not required to enroll in the program. The only requirement is to be 65 years or older. There are fall sports events and holiday events are coming soon. Visit [www.hebisd.edu](http://www.hebisd.edu) and look for the various calendars on the home page to learn more about these events.



## Water University: Vegetable Gardening

January 20, 6:30-8:30 p.m.

Simmons Center, 508 Simmons Dr.

Kick off 2015 with a resolution to eat more fresh veggies and learn how to grow them in your own back yard. This program taught by the Texas A&M AgriLife Research and Extension Center teaches proper soil preparation, garden design, disease and insect identification and the proper time to germinate vegetable seeds as well as when to transplant vegetables into your garden for the season. This event is free, but you must register to attend. RSVP at [www.eulesstx.gov/wateruniversity](http://www.eulesstx.gov/wateruniversity) or by calling 817-685-1821.



## Town Hall Meeting

January 29, 7 p.m.

Euless City Hall, 201 N. Ector Dr.

Let your voice be heard at the Euless Town Hall meeting. Learn about upcoming projects and new programs. Your opinion is important and we want to hear it at the winter Town Hall meeting. There will be representatives from all departments along with your elected City Council Members available for your questions, comments, or suggestions. We look forward to hearing from you to help keep our city FabEuless. For more information, please call (817) 685-1400.





### **Holiday Trash & Recycling Schedules**

**Thanksgiving - Thursday, November 27, 2014**

Normal Thursday trash & recycling collection will shift to Friday, November 28

Normal Friday trash & recycling collection will shift to Saturday, November 29

**Christmas - Thursday, December 25, 2014**

Normal Thursday trash & recycling collection will shift to Friday, December 26

Normal Friday trash & recycling collection will shift to Saturday, December 27

**New Year's - Thursday, January 1, 2015**

Normal Thursday trash & recycling collection will shift to Friday, January 2

Normal Friday trash & recycling collection will shift to Saturday, January 3



### **Volunteer Award Nominations Needed**

**Deadline: January 31, 2015**

We're going to let you in on the secret of our great events. Shhhh. Don't tell anyone. It's our volunteers! Euless volunteers are the cream of the crop. They consistently give their time and energy to make our community FabEuless. In turn, the City of Euless honors volunteers each year to celebrate the dedication and service of these outstanding people. Help us nominate a deserving volunteer by visiting [www.eulesstx.gov/voy](http://www.eulesstx.gov/voy) or call 817-685-1821. The dedication of a volunteer's time and energy cannot be compared and we appreciate their love and admiration for Euless.

### **Join our Family of Volunteers Adventure**

The City of Euless Parks & Community Services Department is looking for people that love to have fun, find it refreshing to meet new people and that are willing to try new adventures. Each year our department plans and implements several different, but unique family events. In order to produce such outstanding events we need volunteers because without volunteers, our events would not survive. If this sounds appealing to you, then we would love to have you join our Family of Volunteers Program. If you would like to help build a strong community, play an important role in someone's life, and be a part of something exciting, then join our "Family of Volunteers" program. **Contact Jerry Poteet at 817-685-1449 or [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov).**



## Historical Preservation

### **Euless Heritage Museum**

**201 Cullum Drive / 817-685-1649**

**Open the 2nd Saturday of every month  
from 1 – 5 p.m. (Dec. 13, Jan. 10, Feb. 14,  
Mar. 14, Apr. 11)**

For information or group tours,  
call 817-685-1649  
or email  
[ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov)



### **Tours**

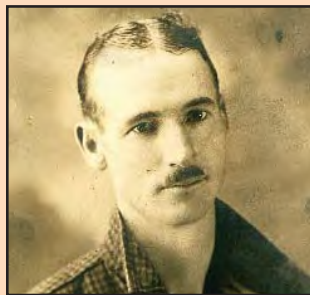
The tour begins at the Euless Heritage Museum where you will learn about Euless' rich history and continues to the Fuller House, the first brick house in Euless built in 1932 complete with antique furnishings. Then, you will discover daily life as it was in Euless in the 1850's as you tour the Himes Log House, the oldest surviving structure in Euless. You will end at the McCormick Barn which was built with lumber from Camp Bowie. On the grounds, you will see examples of a water well, farm implements, windmill and outhouse. Group tours are available during off hours, depending on docent availability. Tours are free, but donations are accepted. Call 817-685-1649 or contact [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov) to make reservations.



### **Where is Heritage Park?**

How long have you lived in Euless? How much do you know about the City you live in? Did you know that the Fuller House was the first brick house in Euless? Or that the McCormick Barn is made out of lumber hauled by horse and buggy from Camp Bowie in Fort Worth? Have you visited the circa 157 year old Himes Log House? The Log House was found inside one of the homes located northeast of Euless Junior High on Himes Street. These three buildings were dismantled brick by brick, log by log and lumber by lumber, moved and restored to their original condition at beautiful Heritage Park at 203 Cullum Drive, east of Euless Main and Hwy 10.

Free tours are provided by the Historical Preservation Committee every second Saturday of the month between 1 - 5 p.m. Call 817-685-1649 or email [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov) for information on tours, volunteer opportunities, donations, etc.



*Walter McCormick in 1926. As a young boy he helped his father haul the lumber for the McCormick Barn to Euless by horse and buggy when Camp Bowie disbanded after WWI. His widow, Willie Mae McCormick donated the barn to the Euless Historical Preservation Committee in 2005.*



*The Fuller House heading east on Hwy. 10 from the southeast corner of Hwy. 10 and Euless Main St. to its new location at 203 Cullum Dr.*



## Euless Family Life Center

300 West Midway Dr.

### RECREATION CENTER & FITNESS CENTER

**(817) 685-1666**

Robbie Rodgers  
Recreation Program Coordinator  
(817) 685-1668

Kali Goodfellow  
Recreation & Aquatics  
Coordinator  
(817) 685-1681

### **HOURS OF OPERATION**

Monday – Thursday  
5:30 a.m. – 9 p.m.  
Friday  
5:30 a.m. – 8 p.m.  
Saturday  
8 a.m. – 6 p.m.  
Sunday  
Noon – 6 p.m.

### CHILDCARE

Monday – Friday  
5 p.m. – 8 p.m.  
Mon./Wed./Fri./Sat.  
8 a.m. – 11 a.m.

### SENIOR CENTER

**(817) 685-1671**

Diane Eggers  
Senior Center Supervisor  
(817) 685-1670

Renee Garrett  
Senior Center Programmer  
(817) 685-1871

### **HOURS OF OPERATION**

Mon.–Tues.–Wed.–Fri.  
6:30 a.m. - 4 p.m.  
Thursday  
6:30 a.m. - 9 p.m.  
Saturday & Sunday  
Closed



**HOLIDAY CLOSINGS:** Recreation Center, Fitness Center, Natatorium, and Senior Center **CLOSED** - December 24, 25, December 31 at 6 p.m., January 1, April 5. Senior Center also **CLOSED** December 12 and April 3. The Gymnasium will be **CLOSED** December 19 - 29 for resurfacing. Fitness Center also **CLOSED** Dec. 19 (5 a.m. - 3 p.m.) for new equipment delivery. Like us on Facebook! "Euless Parks & Community Services" Visit us at [www.PlayEuless.com](http://www.PlayEuless.com).

### Euless Family Life Center Daily Use & Membership Fees

Euless Family Life Recreation Center			Add Indoor Pool (Total Cost)		Fitness Center	Racquetball	Drop-In Day Care 2-hour max visit
12-month membership	Resident	Nres	Resident	Nres	Res \ Nres	Res \ Nres	Res \ Nres
Youth (8-15)	\$10.00	\$25.00	NA	NA	NA	NA	NA
Silver Individual	\$75.00	\$200.00	\$110.00	\$275.00	Included	Included	\$5.00 per day
Silver Family*	\$110.00	\$450.00	\$160.00	\$575.00	Included	Included	\$5.00 per day
Gold Individual	\$125.00	\$250.00	\$160.00	\$325.00	Included	Included	Included
Gold Family*	\$175.00	\$550.00	\$225.00	\$675.00	Included	Included	Included
Euless Family Life Recreation Center			Add Indoor Pool (Total Cost)		Fitness Center	Racquetball	Drop-In Day Care 2-hour
3-month membership	Resident	Nres	Resident	Nres	Res \ Nres	Res \ Nres	Res \ Nres
Silver Individual	\$30.00	\$85.00	\$45.00	\$115.00	Included	Included	\$5.00 per day
Silver Family*	\$45.00	\$185.00	\$65.00	\$240.00	Included	Included	\$5.00 per day
Gold Individual	\$55.00	\$100.00	\$65.00	\$135.00	Included	Included	Included
Gold Family*	\$75.00	\$225.00	\$95.00	\$280.00	Included	Included	Included
Daily Fees Recreation Center			Daily Fees Indoor Pool				
	Resident	Nres	Resident	Nres			
Daily Use Fees	\$5.00	\$10.00	\$10.00	\$15.00			

Euless Family Life Senior Center			Add Indoor Pool (Total Cost)		Fitness Center
	Resident	Nres	Resident	Nres	Res \ Non-Res
Senior (60+)	\$5.00	\$25.00	\$25.00	\$120.00	\$0 \ \$75

\* Families are considered to be up to two adults and four dependent children or Seniors (60+) living in the same household; add \$10 for each additional child or Senior (60+). "Dependent" implies tax dependent or dependent through marriage. Children under 9 must always be accompanied by an adult and do not need a membership card.

# Preschool



## TWO'S TIME

Come let your toddler have some fun and meet some new friends in our new class designed just for them! Your toddler will get social interaction while learning songs, playing games, and beginning preschool skills. They will be introduced to colors, shapes, numbers, alphabet, and much more that will help them as they grow. No class 3/10 & 3/12. Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210004-01	1/6	EFLC	1.5-2.5	T/TH	9-11am	4	\$42
210004-02	2/3	EFLC	1.5-2.5	T/TH	9-11am	4	\$42
210004-03	3/3	EFLC	1.5-2.5	T/TH	9-11am	4	\$42
210004-04	4/7	EFLC	1.5-2.5	T/TH	9-11am	4	\$42
210004-05	5/5	EFLC	1.5-2.5	T/TH	9-11am	3	\$32

## PRESCHOOL DANCE & CREATIVE MOVEMENT

This class is fun for the little ones to enjoy music and learn to move to the music. They will learn very basic dance moves for their age. They will also learn songs and finger plays that will help with their imaginations, coordination, and balance. You may dance for a session or continue throughout the year with Heart and Soul Dance. We will also perform shows throughout the year. No class 3/11. Instructor: Mary Berlingieri

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-01	1/7	EFLC	2-3	W	10-10:45am	4	\$62
210200-02	2/4	EFLC	2-3	W	10-10:45am	4	\$62
210200-03	3/4	EFLC	2-3	W	10-10:45am	4	\$62
210200-04	4/8	EFLC	2-3	W	10-10:45am	4	\$62
210200-05	5/6	EFLC	2-3	W	10-10:45am	4	\$62

## KIDZ LOVE SOCCER

### Mommy/Daddy & Me Soccer

Introduce your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, with Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! No specific equipment is required for the Mommy/Daddy & Me Class. All kids receive a Kidz Love Soccer jersey. This class is held at Bob Eden Park. Instructor: Kidz Love Soccer Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210520-01	1/24	BEP	2-3.5	S	9-9:30am	8	\$91
210520-02	4/11	BEP	2-3.5	S	9-9:30am	8	\$91

## PRESCHOOL TAP & BALLET

This class is about learning how to move to the music. Children will learn beginner steps for tap and ballet as well as use their imagination and creative movements. You can dance for a session or continue throughout the year with Heart and Soul Dance. We will perform shows throughout the year. No Class 3/11. Instructor: Mary Berlingieri

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210207-01	1/7	EFLC	3-4	W	11am-12pm	4	\$67
210207-02	2/4	EFLC	3-4	W	11am-12pm	4	\$67
210207-03	3/4	EFLC	3-4	W	11am-12pm	4	\$67
210207-04	4/8	EFLC	3-4	W	11am-12pm	4	\$67
210207-05	5/6	EFLC	3-4	W	11am-12pm	4	\$67

## TOT ICE SKATING INSTRUCTION

Tots will learn the basics of ice skating in a fun environment. Children will practice falling down and getting up, marching across the ice, back wiggles and stops. Toys, cones and stuffed animals are all used on the ice as teaching tools. Price includes skate rental on class day plus additional four free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211161-01	1/10	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-02	2/7	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-03	4/11	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-04	5/9	DPSC	3-4	S	11:15-11:45am	2	\$30

## PRESCHOOL DANCE

This class is for 3 and 4 year olds and teaches beginning technique and movements for tap, ballet and hip hop. It is a great class for little ones to learn different movements and starts to work with flexibility and balance. We will learn different dances and have performances throughout the year. Your child can try one session or continue through the year. Heart and Soul Dance will continue to grow with your child. No class 3/10. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210209-01	1/6	EFLC	3-4	T	4:30-5:30pm	4	\$67
210209-02	2/3	EFLC	3-4	T	4:30-5:30pm	4	\$67
210209-03	3/3	EFLC	3-4	T	4:30-5:30pm	4	\$67
210209-04	4/7	EFLC	3-4	T	4:30-5:30pm	4	\$67
210209-05	5/5	EFLC	3-4	T	4:30-5:30pm	4	\$67





**KIDS LOVE SOCCER - Tot Soccer**

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. Class is held at Bob Eden Park. All participants receive a Kidz Love Soccer jersey. Ins: Kidz Love Soccer Staff.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210521-01	1/24	BEP	3.5-4	S	9:40-10:10am	8	\$91
210521-02	4/11	BEP	3.5-4	S	9:40-10:10am	8	\$91

**PRESCHOOL DANCE**

This is a great class for all your little ones. It is a great way for your child to learn coordination, flexibility, balance, and introduces basic tap, ballet and hip hop techniques. We will learn different dance routines and will have performances throughout the year. Your child can try one session or stay through the year. Our program will grow with our students. No class 3/12. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210208-01	1/8	EFLC	4-5	TH	5:30-6:30pm	4	\$67
210208-02	2/5	EFLC	4-5	TH	5:30-6:30pm	4	\$67
210208-03	3/5	EFLC	4-5	TH	5:30-6:30pm	4	\$67
210208-04	4/9	EFLC	4-5	TH	5:30-6:30pm	4	\$67
210208-05	5/7	EFLC	4-5	TH	5:30-6:30pm	4	\$67

**FUN TIME FOR LEARNERS**

In this curriculum based class, your child will learn to separate from home, to share, and to interact in group set activities. Children will also learn to express themselves through music, art, and movement. Ages 3-5, must be potty trained. Class meets 9a-1p, please bring a lunch, snack is provided. Don't forget you can also sign up for Terrific Tuesday/Thursday and get all four days at a discounted rate. No class 1/19, 3/9 & 3/11. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210002-01	1/5	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-02	2/2	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-03	3/2	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-04	4/6	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-05	5/4	EFLC	3-5	M/W	9am-1pm	3	\$102

**TERRIFIC TUESDAY'S & THURSDAY'S**

In this curriculum based class, your child will learn the basics of preschool while making new friends and having lots of fun. Your child will recognize letters and their sounds, numbers, colors. We will also develop tasks such as movements through music, arts and crafts, and science. Ages 3-5 children must be potty trained. Bring a lunch snack will be provided. Don't forget you can sign up for Fun Time for Learners on Monday and Wednesday and get all four days at a discounted rate. No class 3/10 & 3/12. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210003-01	1/6	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-02	2/3	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-03	3/3	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-04	4/7	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-05	5/5	EFLC	3-5	T/TH	9am-1pm	3	\$102

**FUN TIME FRIDAYS FOR PRESCHOOLERS**

On Friday's we will sing songs, play games, and work on literacy and math activities. This class is designed to let your children have fun and meet new friends while learning alphabet, number and other important skills that will help as they grow. Come have a blast with us on Friday's! No class 3/13. Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210010-01	1/9	EFLC	3-5	F	9am-1pm	4	\$62
210010-02	2/6	EFLC	3-5	F	9am-1pm	4	\$62
210010-03	3/6	EFLC	3-5	F	9am-1pm	4	\$62
210010-04	4/10	EFLC	3-5	F	9am-1pm	4	\$62
210010-05	5/8	EFLC	3-5	F	9am-1pm	3	\$52

**PRETTY PRINCESS TEA PARTY**

Come have some princess fun... If your little girl loves to play dress up, paint nails, and be treated like a princess this class is just for her. We will make crafts, play games, do make-overs, and have tea party. Each week we will do different activities and participants will have something beautiful to take home with them. No class 3/14. Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211160-01	1/10	EFLC	3-7	S	10-11am	4	\$42
211160-02	2/7	EFLC	3-7	S	10-11am	4	\$42
211160-03	3/7	EFLC	3-7	S	10-11am	4	\$42
211160-04	4/11	EFLC	3-7	S	10-11am	4	\$42
211160-05	5/9	EFLC	3-7	S	10a-11am	3	\$32

**KIDZ LOVE SOCCER  
Pre-Soccer**

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. This class is held at Bob Eden Park. All participants receive a Kidz Love Soccer jersey. Instructor: Kidz Love Soccer Staff.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210522-01	1/24	BEP	4-5	S	10:10-10:45am	8	\$91
210522-02	4/11	BEP	4-5	S	10:10-10:45am	8	\$91





### KIDZ LOVE SOCCER

#### Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. All participants receive a Kidz Love Soccer jersey. This class will be held at Bob Eden Park. Instructor: Kidz Love Soccer Staff.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210523-01	1/24	BEP	5-6	S	10:45-11:30am	8	\$91
210523-02	4/11	BEP	5-6	S	10:45-11:30am	8	\$91

### TAP, BALLET, AND JAZZ DANCE

This is a great class for kids to learn tap, ballet, and jazz techniques as well as dance routines and combinations. It is a fun class full of music and rhythms. We will focus on technique, strength, balance and coordination. We will also have performances throughout the year, your child can try one session or stay with us as we continue to grow with your child month to month with Heart and Soul Dance. No class 3/10. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210220-01	1/6	EFLC	5-7	T	5:30-7pm	4	\$77
210220-02	2/3	EFLC	5-7	T	5:30-7pm	4	\$77
210220-03	3/3	EFLC	5-7	T	5:30-7pm	4	\$77
210220-04	4/7	EFLC	5-7	T	5:30-7pm	4	\$77
210220-05	5/5	EFLC	5-7	T	5:30-7pm	4	\$77

### BALLET I

This class is a great class to learn all about ballet. You will have knowledge of ballet on top of learning ballet techniques, movements and positions. This is a great class to help with balance, coordination and flexibility. Come try one session or stay with us through the year. Heart and Soul Dance is designed to grow with our students. No class 3/12. Instructor: Kristen Stevens.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210225-01	1/8	EFLC	5-7	TH	3:30-4:30pm	4	\$67
210225-02	2/5	EFLC	5-7	TH	3:30-4:30pm	4	\$67
210225-03	3/5	EFLC	5-7	TH	3:30-4:30pm	4	\$67
210225-04	4/9	EFLC	5-7	TH	3:30-4:30pm	4	\$67
210225-05	5/7	EFLC	5-7	TH	3:30-4:30pm	4	\$67

### TAEKWONDO TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the very basic fundamentals of Taekwondo-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination and flexibility. This program can help to enhance focus and concentration, build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210130-01	1/10	EFLC	5-8	S	9-9:45am	9	\$28
210130-02	3/28	EFLC	5-8	S	9-9:45am	8	\$28

### TAP, BALLET, JAZZ

This class is a great beginning class to learn tap techniques and rhythms. As well as introduce ballet and jazz positions and movements of the body. We will work on strength, flexibility, coordination and balance. This is a fun class for your child and they will learn different routines and will have performances throughout the year. Your child can try one session or stay with us through the year. Our program grows with your child. No class 3/12. Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210230-01	1/8	EFLC	6-8	TH	4:30-5:30pm	4	\$67
210230-02	2/5	EFLC	6-8	TH	4:30-5:30pm	4	\$67
210230-03	3/5	EFLC	6-8	TH	4:30-5:30pm	4	\$67
210230-04	4/9	EFLC	6-8	TH	4:30-5:30pm	4	\$67
210230-05	5/7	EFLC	6-8	TH	4:30-5:30pm	4	\$67

### YOU CAN PAINT FOR YOUTH

Amaze yourself, family, and friends with the beautiful oil painting you can complete in one fun and easy lesson taught by professional artists, Robert Garden and Susan Garden. You will learn color mixing and perspective as you master time saving short cuts, which will help you paint like a pro. All art supplies provided. Wear an old T-shirt and bring paper towels. Class themes: "Italian Villa with Staircase", "Northern Lights of Alaska on Black Canvas," "Tribute to Kinkadee's Bridge of Faith", "Bluebonnets with a Palette Knife", "Sunset with Blue Heron". Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210815-01	1/15	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-02	2/19	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-03	3/19	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-04	4/16	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-05	5/14	EFLC	5-13	TH	4-5:30pm	1	\$22







### ICE SKATING - SKATE LIKE A 'STAR'

Learn the basics of ice skating. Skaters will learn basic forward and backward skating, swizzles, one-foot glides, and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction and free public skating following class, plus four additional free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211162-01	1/6	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-02	1/10	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-03	2/3	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-04	2/7	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-05	4/7	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-06	4/11	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-07	5/5	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-08	5/9	DPSC	5-13	S	11:15-11:45am	2	\$30

### BEGINNER HIP HOP

This is a great class for your child to learn basic hip hop dance. You will learn about music beats, rhythms, and will also focus on techniques and style. It's great exercise and lots of fun. Whether you choose one session or stay through the year, Heart and Soul Dance program will continue to grow with your child. No class 3/10. Instructor: Shelbe Probasco

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210216-01	1/6	EFLC	6-10	T	6-7pm	4	\$67
210216-02	2/3	EFLC	6-10	T	6-7pm	4	\$67
210216-03	3/3	EFLC	6-10	T	6-7pm	4	\$67
210216-04	4/7	EFLC	6-10	T	6-7pm	4	\$67
210216-05	5/5	EFLC	6-10	T	6-7pm	4	\$67

### KIDZ LOVE SOCCER

#### Soccer 2 Skillz & Scrimmages

Kids 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required after the first meeting, soccer cleats are optional, short and a t-shirt are fine. All participants receive a Kidz Love Soccer jersey. This class is held at Bob Eden Park. Instructor: Kidz Lover Soccer Staff.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210524-01	1/24	BEP	7-10	S	11:30am-12:15pm	8	\$91
210524-02	4/11	BEP	7-10	S	11:30am-12:15pm	8	\$91

### BALLET II

This class is all about Ballet! Your child will learn ballet techniques and stretches. Your child will also learn different combinations and dances. Whether you choose one session or stay with us throughout the year your child will continue to grow, learn and have fun with Heart and Soul Dance! No class 3/12. Instructor: Kristen Stevens.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210226-01	1/8	EFLC	8-12	TH	4:30-5:30pm	4	\$67
210226-02	2/5	EFLC	8-12	TH	4:30-5:30pm	4	\$67
210226-03	3/5	EFLC	8-12	TH	4:30-5:30pm	4	\$67
210226-04	4/9	EFLC	8-12	TH	4:30-5:30pm	4	\$67
210226-05	5/7	EFLC	8-12	TH	4:30-5:30pm	4	\$67

### TAEKWON-DO BEGINNERS

#### (Ages 9-13) (White Belt - Green Stripe)

This children's program explores the entire range of techniques for training in the Taekwondo-Do Jungshin Program. It is designed to instill the physical and character benefits of martial arts while motivating children to achieve success. New students registering for this class must be at least 9 years of age or have completed at least one session of Tigerkubs program and been approved by the instructor before registering. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210131-01	1/6	EFLC	9-12	T	6-7:15pm	9	\$86
				S	10-11:15am		
210131-02	3/24	EFLC	9-12	T	6-7:15pm	8	\$77
		EFLC		S	10-11:15a		

### TAEKWON-DO ADVANCED

#### (Green Belt - Black Belt)

This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Must have instructor approval to register. The Monday class meets at the Euless Family Life Center and the Thursday class meets at the Simmons Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210132-01	1/5	EFLC/SIM	9-12	M/TH	6-7:15pm	9	\$86
210132-01	3/23	EFLC/SIM	9-12	M/TH	6-7:15pm	8	\$77



**GIRLS ON THE RUN**

This program uses the power of running to prepare girls for a lifetime of self-respect and healthy living. Through interactive activities such as running and playing games, girls will tackle tough issues such as peer pressure and body image, while learning about making healthy decisions and performing community services. This is an on-going, 10-week program. At the end of this program, the girls will compete in 5K event together. Partial financial-need scholarships may be available. Instructor: Girls on the Run

No payment will be taken at the Euless Family Life Center. Please complete your registration by logging onto [www.gotrdfw.org](http://www.gotrdfw.org), click on the Class Locations link at the top and select the Euless class listed in the Tarrant County Classes. For scholarship applications, please click on the link in the first paragraph on the Class Locations page.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210540-01	2/24	EFLC	8-12	T/TH	5:30-7pm	10	\$120

**TAP/JAZZ**

This a great class to learn tap and jazz! We will focus on tap techniques and rhythms. We will also learn lyrical jazz techniques and your child will learn coordination, stretches, balance, and flexibility. Whether you choose one session or stay through the year, your child will continue to learn and have fun with Heart and Soul Dance! No class 3/12. Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210232-01	1/8	EFLC	8-12	TH	6:30-8pm	4	\$77
210232-02	2/5	EFLC	8-12	TH	6:30-8pm	4	\$77
210232-03	3/5	EFLC	8-12	TH	6:30-8pm	4	\$77
210232-04	4/9	EFLC	8-12	TH	6:30-8pm	4	\$77
210232-05	5/7	EFLC	8-12	TH	6:30-8pm	4	\$77

**DR PEPPER STARCENTER SPRING BREAK CAMP**

Come have a great time over Spring Break at the Dr Pepper StarCenter Spring Break Camp!! You will learn the basics of ice skating taught by our Star Center professional staff. Drop off at 11:15 am the camp is held from 11:30 am-12:00 pm then practice what you have learned from 12-1 pm pick up time is 1:15 pm. Instructor: Dr Pepper StarCenter Staff.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
2111163-01	3/9	DPSC	5-13	M-TH	11:15a-1:15pm	1	\$55

**CITY OF EULESS SPRING BREAK CAMP**

Come spend spring break with the City of Euless. We will have an exciting week playing games, doing arts and crafts, and making new friends. The camp will go on super cool field trips everyday (Main Event, Skating, Tornado Terry's and many more). The camp will meet at the EFLC. Please bring a lunch, two snacks and a water bottle to camp each day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211111-01	3/9	EFLC	6-12	M-F	7:30am-6pm	1	\$90

**INTRO TO GUITAR WITH MARK JAX**

Introduction to basic chords and guitar tasks for acoustic and electric guitars. Students will learn fingering techniques as well as basic chord combination in a humorous and nurturing environment. No class 3/9. Instructor: Mark Jax.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110705-01	1/5	EFLC	9+	M	6-7:30PM	4	\$82
110705-02	2/2	EFLC	9+	M	6-7:30PM	4	\$82
110705-03	3/2	EFLC	9+	M	6-7:30PM	4	\$82
110705-04	4/6	EFLC	9+	M	6-7:30PM	4	\$82
110705-05	5/4	EFLC	9+	M	6-7:30PM	3	\$72

**HIP HOP**

Welcome to our more advanced hip hop class. Your child will learn hip hop, music, rhythms and style. It's a fun class and great exercise. We will have performances through the year and learn different choreography. Whether you try one session or stay with Heart and Soul Dance for the year, our program is designed to grow with your child. No class 3/10. Instructor: Shelbe Probasco.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210215-01	1/6	EFLC	11-17	T	7-8pm	4	\$67
210215-02	2/3	EFLC	11-17	T	7-8pm	4	\$67
210215-03	3/3	EFLC	11-17	T	7-8pm	4	\$67
210215-04	4/7	EFLC	11-17	T	7-8pm	4	\$67
210215-05	5/5	EFLC	11-17	T	7-8pm	4	\$67

**ADVANCED TAP**

Tap! Tap! Tap! This is a wonderful class to learn tap techniques, combinations and dance choreography. It's great exercise and lots of fun. Whether you choose to try one session or stay with us through the year, your child will continue to grow and learn with our Heart and Soul Dance program. No class 3/12. Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210260-01	1/8	EFLC	11-17	TH	8-9pm	4	\$62
210260-02	2/5	EFLC	11-17	TH	8-9pm	4	\$62
210260-03	3/5	EFLC	11-17	TH	8-9pm	4	\$62
210260-04	4/9	EFLC	11-17	TH	8-9pm	4	\$62
210260-05	5/7	EFLC	11-17	TH	8-9pm	4	\$62

**JAZZ TECHNIQUE**

This is a great class to strengthen your jazz skills and technique. It will help with your coordination, balance, strength, and flexibility. It's also great for exercise and lots of fun throughout the year. Come and continue to learn and grow as a dancer with Heart and Soul Dance. No class 3/12. Instructor: Kristen Stevens

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210233-01	1/8	EFLC	11-17	TH	7-8pm	4	\$62
210233-02	2/5	EFLC	11-17	TH	7-8pm	4	\$62
210233-03	3/5	EFLC	11-17	TH	7-8pm	4	\$62
210233-04	4/9	EFLC	11-17	TH	7-8pm	4	\$62
210233-05	5/7	EFLC	11-17	TH	7-8pm	4	\$62

**CONTEMPORARY DANCE**

Come join us and try Contemporary Dance. This class will focus on strength, coordination, flexibility, technique, and dance movements. You will learn choreography and have performances. Whether you try one session or stay with us throughout the year, Heart and Soul Dance program is designed for our students to continue growing and learning. No class 3/10. Instructor: Shelbe Probasco.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210210-01	1/6	EFLC	12-17	T	8-9pm	4	\$67
210210-02	2/3	EFLC	12-17	T	8-9pm	4	\$67
210210-03	3/3	EFLC	12-17	T	8-9pm	4	\$67
210210-04	4/7	EFLC	12-17	T	8-9pm	4	\$67
210210-05	5/5	EFLC	12-17	T	8-9pm	4	\$67



Euless Aquatics offers American Red Cross classes taught by certified Water Safety instructors. Our main focus is safety; we want you and your family to have the necessary tools to stay safe in and around the water.

\* Swim diapers with a cover-up must be worn at all times by swimmers that are not potty trained.

\*If you are unsure of what level to choose, speak with an Aquatic team member to assist in choosing the best level for a greater success rate.

\*ALL Learn To Swim classes are \$55, Drill team is \$65.



\*No classes November 24-29, or December 22-Jan. 2.

## PARENT/TOT

Water Introduction class is the first step in becoming comfortable in and around the water. This class focuses on water exploration by the use of fun and games. A parent or guardian over age 18 must be in the water at all times. Children must wear a swim diaper if not potty trained. Swimmers must be between ages of 3 months and 3 years.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220007-01	1/05	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
220007-02	2/02	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
220007-03	3/02	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
220007-04	4/06	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
220007-05	5/04	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55

## WATER TOTS

Introduction to the water for children ages 1-3 years old. Children must wear a swim diaper if not potty trained. Swimmers learn to explore the wonderful world of swimming through song and games.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220000-01	1/05	EFLC	1-3	M/W	5:30-6:00pm	4	\$55
220000-02	2/02	EFLC	1-3	M/W	5:30-6:00pm	4	\$55
220000-03	3/02	EFLC	1-3	M/W	5:30-6:00pm	4	\$55
220000-04	4/06	EFLC	1-3	M/W	5:30-6:00pm	4	\$55
220000-05	5/04	EFLC	1-3	M/W	6:10-6:40pm	4	\$55

## LEVEL 1: INTRO TO WATER SKILLS

Helps students feel comfortable in the water. The end goal of this level is for participants to be able to swim a short distance on their front and back their body length as well as float on their front and back unassisted. No swimming lessons March 9-13.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220001-01	1/05	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220001-02	1/05	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220001-03	2/02	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220001-04	2/02	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220001-05	3/02	EFLC	4+	M/W	5:30-6:00pm	3	\$43
220001-06	3/02	EFLC	4+	M/W	6:10-6:40pm	3	\$43
220001-07	4/06	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220001-08	4/06	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220001-09	5/04	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220001-10	5/04	EFLC	4+	M/W	6:10-6:40pm	4	\$55

## LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives students success with the fundamental skills; the end goal of this level will have participants bobbing underwater and swimming on their front and back and able to swim 2 body lengths all unassisted. No swimming lessons March 9-13.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220002-01	1/05	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220002-02	1/05	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220002-03	2/02	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220002-04	2/02	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220002-05	3/02	EFLC	4+	M/W	5:30-6:00pm	3	\$43
220002-06	3/02	EFLC	4+	M/W	6:10-6:40pm	3	\$43
220002-07	4/06	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220002-08	4/06	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220002-09	5/04	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220002-10	5/04	EFLC	4+	M/W	6:10-6:40pm	4	\$55

## LEVEL 3: STROKE DEVELOPMENT

Emphasis is on rhythmic breathing, backstroke, scissors kick, elementary backstroke, and treading water. No swimming lessons March 9-13.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220003-01	1/05	EFLC	5+	M/W	5:30-6:00pm	4	\$55
220003-02	1/05	EFLC	5+	M/W	6:10-6:40pm	4	\$55
220003-03	2/02	EFLC	5+	M/W	5:30-6:00pm	4	\$55
220003-04	2/02	EFLC	5+	M/W	6:10-6:40pm	4	\$55
220003-05	3/02	EFLC	5+	M/W	5:30-6:00pm	3	\$43
220003-06	3/02	EFLC	5+	M/W	6:10-6:40pm	3	\$43
220003-07	4/06	EFLC	5+	M/W	5:30-6:00pm	4	\$55
220003-08	4/06	EFLC	5+	M/W	6:10-6:40pm	4	\$55
220003-09	5/04	EFLC	5+	M/W	5:30-6:00pm	4	\$55
220003-10	5/04	EFLC	5+	M/W	6:10-6:40pm	4	\$55

## LEVEL 4: STROKE IMPROVEMENT

Further develops proper technique and increases endurance. Refinement of front and back crawl, butterfly, breaststroke, and sidestroke, as well as starts and turns. No lessons March 9-13.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220004-02	1/05	EFLC	6+	M/W	6:10-6:40pm	4	\$55
220004-04	2/02	EFLC	6+	M/W	6:10-6:40pm	4	\$55
220004-06	3/02	EFLC	6+	M/W	6:10-6:40pm	3	\$43
220004-08	4/06	EFLC	6+	M/W	6:10-6:40pm	4	\$55
220004-10	5/04	EFLC	6+	M/W	6:10-6:40pm	4	\$55

## DRILL TEAM

Must have successfully completed level 4. This class is for increasing endurance while teaching the basics in competitive swimming. Swimmers will learn and perfect swim team drills all while learning UIL swim rules and regulation. This is a great class that is used to ease the transition from swimming lessons to swim team. No swimming lessons March 9-13.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220500-01	1/05	EFLC	8+	M/W	6:50-7:20pm	4	\$65
220500-02	2/02	EFLC	8+	M/W	6:50-7:20pm	4	\$65
220500-03	3/02	EFLC	8+	M/W	6:50-7:20pm	4	\$53
220500-04	4/06	EFLC	8+	M/W	6:50-7:20pm	4	\$65
220500-05	5/04	EFLC	8+	M/W	6:50-7:20pm	3	\$65

## ADULT SWIM LESSONS

Knowing how to swim is for every one of all ages. Whether you are a non-swimmer looking to learn to be safe around the water or you're a tri-athlete looking to cut time, this class is for you. No swimming lessons March 9-13.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220008-01	1/05	EFLC	14+	M/W	6:50-7:20pm	4	\$55
220008-02	2/02	EFLC	14+	M/W	6:50-7:20pm	4	\$55
220008-03	3/02	EFLC	14+	M/W	6:50-7:20pm	3	\$43
220008-04	4/06	EFLC	14+	M/W	6:50-7:20pm	4	\$55
220008-05	5/04	EFLC	14+	M/W	6:50-7:20pm	4	\$55



# Water Aerobics



## WATER AEROBICS PAYMENT OPTIONS

We have four incredible payment options for you to choose from. Choose to participate in a variety of classes or stick with just one.

**DROP IN, TRY A CLASS, ONLY \$10**  
Non-refundable; not available to use as credit toward punch/membership

**SENIORS - \$30 per month, unlimited classes (aquatic membership required)** Best option for members

**Non-senior - \$45 per month, unlimited classes (aquatic membership required)**

**5 class package, \$40 (\$8 per class)**

**10 classes, 70 (\$7 per class)**

**20 classes, 120 (\$6 per class)**

**(Membership NOT required)  
NON-refundable,  
NON-replaceable**

**NOTE:** You can be a non-aquatic member and still sign up for the individual class for \$5 per class, but you must pay for the remainder of the month/class session for that pricing.



## ARTHRITIC AEROBICS (SLOW)

Start of your day with the healing benefits of water. This class is a slower paced class designed to assist in improving and maintaining range of motion to ultimately improve the quality of life.

CLASS#	BEG	LOC	DAY	TIME
220700-01	1/05	EFLC	M/W/F	8:00-8:45am
220700-02	2/02	EFLC	M/W/F	8:00-8:45am
220700-03	3/02	EFLC	M/W/F	8:00-8:45am
220700-04	4/06	EFLC	M/W/F	8:00-8:45am
220700-05	5/04	EFLC	M/W/F	8:00-8:45am

## WATER CONDITIONING (MEDIUM)

Get your body moving and your heart rate up; this class will work all major body parts while helping you to maintain a healthy and happy lifestyle.

CLASS#	BEG	LOC	DAY	TIME
220701-01	1/05	EFLC	M/W/F	8:50-9:35am
220701-02	2/02	EFLC	M/W/F	8:50-9:35am
220701-03	3/02	EFLC	M/W/F	8:50-9:35am
220701-04	4/06	EFLC	M/W/F	8:50-9:35am
220701-05	5/05	EFLC	T/TH	8:50-9:35am

## WATER TONING (SLOW)

Combining the tranquility of yoga with the healing benefits of the water; this class is a work out for the body and mind.

CLASS#	BEG	LOC	DAY	TIME
220702-01	1/06	EFLC	T/TH	8:00-8:45am
220702-02	2/03	EFLC	T/TH	8:00-8:45am
220702-03	3/03	EFLC	T/TH	8:00-8:45am
220702-04	4/07	EFLC	T/TH	8:00-8:45am
220702-05	5/05	EFLC	T/TH	8:00-8:45am

## HYDRO-RESISTANCE (MEDIUM)

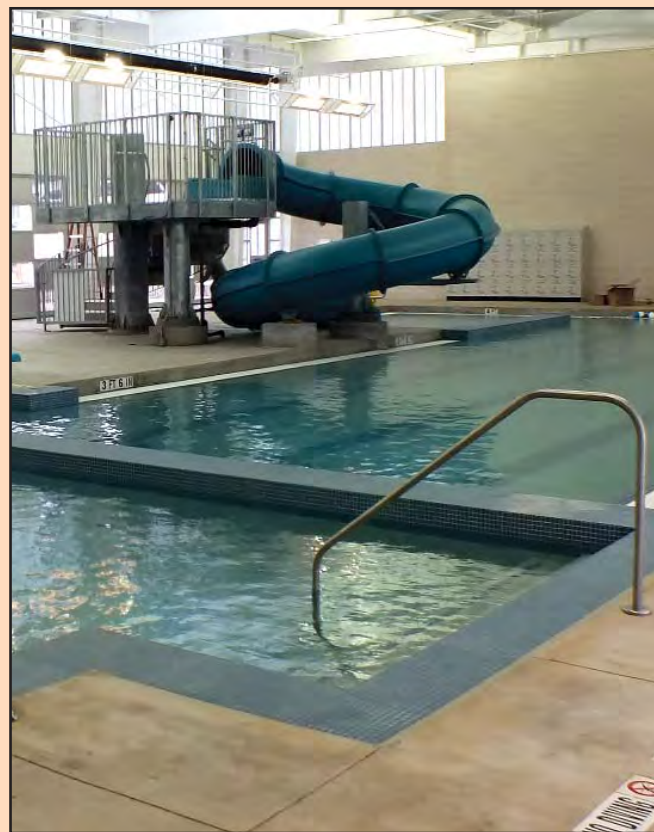
Resistance training has been around for decades, but Hydro-Resistance is the new fun way to work out. Come use the resistance of the water for a fun and exciting exercise. Designed to increase overall strength and endurance, our resistance class teaches you how to use your own body weight to get excellent results all while having a splashing good time.

CLASS#	BEG	LOC	DAY	TIME
220707-01	1/01	EFLC	T/Th	8:50-9:20am
220707-02	2/03	EFLC	T/Th	8:50-9:20am
220707-03	3/03	EFLC	T/Th	8:50-9:20am
220707-04	4/02	EFLC	T/Th	8:50-9:20am
220707-05	5/05	EFLC	T/Th	8:50-9:20am

## AQUA AGILITY (MEDIUM)

Stamina, strength, and endurance; this is a fast moving, high energy, and upbeat class that will give you a great workout and is designed to increase your overall flexibility.

CLASS#	BEG	LOC	DAY	TIME
220704-01	1/05	EFLC	M/W/F	9:40-10:35am
220704-02	2/02	EFLC	M/W/F	9:40-10:35am
220704-03	3/02	EFLC	M/W/F	9:40-10:35am
220704-04	4/06	EFLC	M/W/F	9:40-10:35am
220704-05	5/04	EFLC	M/W/F	9:40-10:35am





## NATATORIUM HOURS

December – May

See page 9 for membership and daily fee information. For additional information, please call 817-685-1666

Monday – Friday	8 a.m. – 8:30 p.m. (Open Swim: 11:40 a.m. – 5 p.m.)
Saturday	9 a.m. – 3:30 p.m. (Open Swim: 10:30 a.m. – 3:30 p.m.)
Sunday	Noon – 3:30 p.m. (Open Swim: Noon – 3:30 p.m.)

## RENTALS

The Natatorium is also available for rentals for parties. The rental includes use of the party room and the pool.

**Open Swim Party Rental (up to 12 swimmers)** Resident: \$100 Non-resident: \$250  
Includes admission for up to 12 swimmers and 2-hour rental of party room. This rental can be done during any open swim time from Monday – Sunday.

**Private Party Rental (up to 40 swimmers)** Resident: \$175 Non-resident: \$425  
Includes admission for up to 40 swimmers and 2-hour rental of party room. Times available: Saturday or Sunday, 3:30 - 5:30 p.m.

A \$250 deposit is required for rental. Party room capacity is 40 and seats 20 comfortably. Renter may bring in cake and drinks. All rental fees are due at time of reservation. The rental may be made a maximum of 60 days in advance and a minimum of 2-weeks' notice. Due to lifeguard staffing requirements no additional guests may be added to the party. To make a reservation, please call 817-685-1649 or e-mail Mary at ofaiva-siale@eulesstx.gov. Rental forms are available at <http://www.eulesstx.gov/pacs/rental/AquaticFacilities.htm#natatorium>

## CARDIO BY AQUA (MEDIUM)

Stamina, strength and endurance; this is a fast moving, high energy, and upbeat class that will give you a great workout and is designed to increase your overall flexibility.

CLASS#	BEG	LOC	DAY	TIME
220705-01	1/06	EFLC	T/Th	9:40-10:35am
220705-02	2/03	EFLC	T/Th	9:40-10:35am
220705-03	3/03	EFLC	T/Th	9:40-10:35am
220705-04	4/07	EFLC	T/Th	9:40-10:35am
220705-04	5/05	EFLC	T/Th	9:40-10:35am

## SPLASH ZUMBA (FAST)

Back by popular demand! Dance your way into shape, use the combination of water resistance with the movements of Zumba takes your workout to the next level! This unique and fun class is sure to get you moving and grooving in to shape.

CLASS#	BEG	LOC	DAY	TIME
220703-01	1/06	EFLC	T	6:00-7:00pm
220703-02	2/03	EFLC	T	6:00-7:00pm
220703-03	3/03	EFLC	T	6:00-7:00pm
220703-04	4/07	EFLC	T	6:00-7:00pm
220703-05	5/05	EFLC	T	6:00-7:00pm

## AQUA-FITNESS (FAST)

This prime time energized class is excellent for those who want a high intensity, full body work out, all while having a great time and meeting new people. Get your body moving and use the natural resistance in the water to give you one of the best workouts of your life.

CLASS#	BEG	LOC	DAY	TIME
220706-01	1/06	EFLC	T/TH	5:00-5:45pm
220706-02	2/03	EFLC	T/TH	5:00-5:45pm
220706-03	3/03	EFLC	T/TH	5:00-5:45pm
220706-04	4/07	EFLC	T/TH	5:00-5:45pm
220706-05	5/05	EFLC	T/TH	5:00-5:45pm

## TABATA 101 (FAST)

Want to add Tabata into your work out but need to build your strength first? Or maybe you're a little intimidated by the "cross fit" workouts. Tabata 101 is excellent for learning the moves and still providing the amazing workout that you can only get from high interval training.

CLASS#	BEG	LOC	DAY	TIME
220110-01	1/03	EFLC	Sat	9-9:45am
220110-02	2/07	EFLC	Sat	9-9:45am
220110-03	3/07	EFLC	Sat	9-9:45am
220110-04	4/04	EFLC	Sat	9-9:45am
220110-05	5/02	EFLC	Sat	9-9:45am

## POWER TABATA (FAST)

This class will challenge every muscle group you have and make you beg for more. This Intense workout uses interval training to bring you to a full body intense workout. All skills can be modified by the instructor but this class is designed for those looking to lose weight and tone up so get ready to "feel the burn".

CLASS#	BEG	LOC	DAY	TIME
220020-01	1/03	EFLC	Sat	9:50-10:20am
220020-02	2/07	EFLC	Sat	9:50-10:20am
220020-03	3/07	EFLC	Sat	9:50-10:20am
220020-04	4/04	EFLC	Sat	9:50-10:20am
220020-05	5/02	EFLC	Sat	9:50-10:20am



**Dr Pepper StarCenter**  
**1400 S. Pipeline Road**  
**Euless, TX 76040 / 817-267-4233**  
[www.stars.nhl.com](http://www.stars.nhl.com)



### **Dr Pepper StarCenter Euless Skating & Hockey Academy**

#### 2015 Regular Semester Dates

SEMESTER	START DATE	END DATE	# OF WKS
Winter 2	Monday, January 5	Saturday, January 31	4
Pre-Spring	Monday, February 2	Saturday, February 28	4
Spring 1	Monday, March 2	Saturday, March 28	4
Spring 2	Monday, March 30	Saturday, April 25	4

Contact Darlene Cain, Skating Programs Manager, 817 267-4233 ext 229 or [dcain@dallasstars.com](mailto:dcain@dallasstars.com) for more information.

- **Skating Academy Weekly Single Class Option** – (1 class per week) = \$60 per month
  - o Includes FREE Skate Rental on day of class
  - o Name Badge comes with eight public admissions
- **Skating Academy Weekly Unlimited Class Option** - Monday through Saturday = \$25 per week
  - o Includes FREE Skate Rental on day of class
  - o Name Badge comes with two public admissions.
- **Skating Academy Monthly Unlimited Class Option** – All classes: 4 week semester = \$80 per month
  - o Includes FREE Skate Rental on day of class
  - o Name Badge comes with eight public admissions
- **Hockey Academy Monthly Unlimited Class Option** – come any day and time that your class is offered at your home rink for entire 4 week semester = \$65
  - o Includes FREE Skate Rental on day of class
  - o Name Badge comes with eight public admissions.



## Dr Pepper StarCenter Birthday Party Packages Available

### Birthday Party Packages - \$125

- Birthday child is free
- Admission and skate rental for 10 skaters
- The choice of table skirting (from variety of colors)
- 2 liters / pitchers of Dr Pepper Product
- Downloadable Invites

### Upgrades

- Paper Products - \$15.00 (for 10 people)
- Party Hostess - \$25.00
- Private Skating Instructor - \$50.00
- Broomball Referee - \$35.00
- Additional Party Guest - \$5 per Guest
- Party Room Rental only - \$50.00 per hour
- Includes tables & chairs
- Pizzas - \$10.00 each
- Additional Liter or Pitcher of Beverage - \$3.00

### Broomball Events

- \$425.00/hour for private ice rental
- Allowed to customize party from above list of upgrades

\*For more information, visit  
[stars.nhl.com/club/page.htm?id=99691](http://stars.nhl.com/club/page.htm?id=99691)



### Dallas Stars Little Rookies Program

The Dallas Stars Little Rookies Program is a free, 4-week program for kids ages 4-8 who are interested in playing the game. Each Saturday during the program, kids are provided with all equipment necessary for a fun and safe experience. Trained coaches will help your little rookie begin their path toward a cool and exciting new activity. Go to <http://stars.nhl.com/club/page.htm?id=91340> to sign up your little rookie.



**BOOTCAMP**

Ready to kick it up a notch? Then come join Euless Family Life Center Boot Camp. Whether you've been exercising and want a challenge, or you have just decided to start working out, this is the class for you. Boot Camp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight and uncover the "new" you! \$42 for two days or come three days for \$62. No class the week of 3/9. Instructor: Behka Hartmann – Certified Fitness Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210350-01	1/6	EFLC	13+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-02	2/3	EFLC	13+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-03	3/3	EFLC	13+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-04	4/7	EFLC	13+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-05	5/5	EFLC	13+	T/TH/F	5:45-6:45am	4	\$42/\$62

**BEGINNER SALSA**

This class will teach you the basic to some advanced Salsa steps and pattern combinations. This is a fun and a great cardio workout. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210235-01	1/5	EFLC	13+	M	7:15-8:15pm	8	\$80
210235-02	3/2	EFLC	13+	M	7:15-8:15pm	8	\$80

**BEGINNER BACHATA**

This is an exciting dance from the Dominican Republic. You will learn the basic steps and pattern combinations. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210240-01	1/5	EFLC	13+	M	8:15-9pm	8	\$80
210240-02	3/2	EFLC	13+	M	8:15-9pm	8	\$80

**INTERMEDIATE BACHATA**

Must have taken beginner level or know the basic steps, left and right turn. This class will teach you more advanced steps and pattern combinations. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210250-01	1/8	EFLC	13+	TH	8:15-9pm	8	\$80
210250-02	3/5	EFLC	13+	TH	8:15-9pm	8	\$80

**INTERMEDIATE SALSA**

Must have taken beginning level or know basic left and right turn, cross body lead with turn. This class will teach you footwork and pattern combinations. This is a great cardio workout. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210255-01	1/8	EFLC	13+	TH	7:15-8:15pm	8	\$80
210255-02	3/5	EFLC	13+	TH	7:15-8:15pm	8	\$80

**BOOT CAMP CARDIO**

Let's start burning some calories, converting that stored sugar/fat into energy with a combination of cardio pumping intervals as well as today's styled boot camp format that includes indoor circuits of weight, benches, medicine balls, step boxes, group activities and individual challenges that also include outdoor terrain. With this great mix you will enjoy the variety to this CREATIVE CLASS! No class the week of 3/9, 3/12 & 5/25. Instructor: Debbie Day

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210315-01	1/12	EFLC	13+	M/TH	6-6:45pm	3	\$20
210315-02	2/2	EFLC	13+	M/TH	6-6:45pm	4	\$26
210315-03	3/2	EFLC	13+	M/TH	6-6:45pm	3	\$20
210315-04	4/6	EFLC	13+	M/TH	6-6:45pm	4	\$26
210315-05	5/4	EFLC	13+	M/TH	6-6:45pm	4	\$26

**SPIN AND TONE**

Let's jump on the bike and get burning some calories, converting that stored sugar/fat into energy, then climb off the bike, add some weights to tone up the upper/lower body as well. Of course the bike will tone up the thighs, hamstrings, and calves, but weights really add a great mix to this ALL NEW CREATED CLASS! Bring your weights/mats/towel/ water! No class the week of 3/10 & 3/12. Instructor: Debbie Day

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210310-01	1/13	EFLC	13+	T/TH	6:45-7:30am	3	\$20
210310-02	2/3	EFLC	13+	T/TH	6:45-7:30am	4	\$26
210310-03	3/3	EFLC	13+	T/TH	6:45-7:30am	3	\$20
210310-04	4/7	EFLC	13+	T/TH	6:45-7:30am	4	\$26
210310-05	5/5	EFLC	13+	T/TH	6:45-7:30am	4	\$26

**TAEKWON-DO ADULT  
(White Belt through Black Belt)**

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential, from the white belt to the first degree black belt (and beyond). Along with the numerous physical benefits shall be the development of the student's confidence, character and integrity. Tuesday class meets at the Euless Family Life Center and the Thursday class meets at the Simmons Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210134-01	1/6	EFLC/SIM	13+	T/TH	7:30-9pm	9	\$103
210134-02	3/24	EFLC/SIM	13+	T/TH	7:30-9pm	8	\$92

**HAPKIDO**

Hapkido, the art of coordinated power, is a comprehensive Korean self-defense system involving joint locks, pressure points, throws, kicks, and strikes. Hapkido, a "soft" martial art, seeks to gain advantage over an opponent through techniques, avoiding the use of strength against strength. This class is designed for beginner through black belt and beyond. This class meets at the Simmons Center. Instructors: Chad Ellred

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210133-01	1/5	SIM	13+	M	7:30-9pm	4	\$25
210133-02	2/2	SIM	13+	M	7:30-9pm	4	\$25
210133-03	3/2	SIM	13+	M	7:30-9pm	4	\$25
210133-04	3/30	SIM	13+	M	7:30-9pm	4	\$25
210133-05	4/27	EFLC	13+	M	7:30-9pm	4	\$25





### ZUMBA & ZUMBA TONING

Zumba is Latin cardio in a party setting. The Latin and international rhythms create a huge fusion that makes you move and you don't realize it's a workout. Come and join the PARTY! No rhythm or not a dancer, NO WORRIES!! This is not a dance class; it's a fitness class. Please bring hand weights, no more than 3lbs each. Instructors: Letty Mota and Gracie Torres

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210300-01	1/5	EFLC	13+	M/W	7-8pm	4	\$42
210300-02	2/2	EFLC	13+	M/W	7-8pm	4	\$42
210300-03	3/2	EFLC	13+	M/W	7-8pm	4	\$42
210300-04	3/30	EFLC	13+	M/W	7-8pm	5	\$52
210300-05	5/4	EFLC	13+	M/W	7-8pm	4	\$42

### BALLROOM BASICS

The thrill of partner dancing has become the "new normal" of social dancing for all ages! Ballroom dancing is not just for elegant parties anymore, as most styles transfer quite nicely to the music of country, blues, pop, and Latin. The benefits of the mind, body and soul are priceless, and you won't find a more fun way to burn calories! In this beginner-level crash course, you will learn fundamentals of ballroom dancing along with basic steps and patterns to a new dance each class. Dances covered are: swing, foxtrot, rumba, cha cha, waltz and tango. No partner necessary as we will pair up and rotate to allow everyone equal participation. Please wear lightweight shoes that glide easily. No rubber soles or high heels. A free one-hour private lesson (\$55 value) will be given away during each session. Instructor: Lisa Smith

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210231-01	1/5	EFLC	13+	M/W	5-6pm	3	\$48
210231-02	2/2	EFLC	13+	M/W	5-6pm	3	\$48
210231-03	3/2	EFLC	13+	M/W	5-6pm	3	\$48
210231-04	4/6	EFLC	13+	M/W	5-6pm	3	\$48
210231-05	5/4	EFLC	13+	M/W	5-6pm	3	\$48



### GET FIT BOOT CAMP

Get Fit Boot Camp is designed to get you in shape fast and motivate you to lose weight. This class will build stamina, muscle, strength and overall fitness. Instructor: Jeremy Wickwire

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210610-01	1/7	EFLC	13+	W/F	5:15-6pm	4	\$70
210610-02	2/4	EFLC	13+	W/F	5:15-6pm	4	\$70
210610-03	3/4	EFLC	13+	W/F	5:15-6pm	4	\$70
210610-04	4/1	EFLC	13+	W/F	5:30-6pm	4	\$70
210610-05	4/29	EFLC	13+	W/F	5:30-6pm	4	\$70

### MIXED MARTIAL ARTS

Jiu-Jitsu concentrates on dominating your opponent on the ground by using angles, leverage and superior body positioning to control an opponent's body movement. This style allows for a smaller person to defeat a much larger attacker. We recommend this style for men and women looking for a great workout and realistic self-defense. Instructor: Jeremy Wickwire

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210140-01	1/7	EFLC	14+	W/F	7:30-9pm	4	\$80
210140-02	2/4	EFLC	14+	W/F	7:30-9pm	4	\$80
210140-03	3/4	EFLC	14+	W/F	7:30-9pm	4	\$80
210140-04	4/1	EFLC	14+	W/F	7:30-9pm	4	\$80
210140-05	4/29	EFLC	14+	W/F	7:30-9pm	4	\$80

### ADULT ICE SKATING

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Skate rental included in the class, plus four free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211165-01	1/6	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-02	2/3	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-03	4/7	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-04	5/5	DPSC	14+	T	6:45-7:15pm	2	\$30



## Adult

**YOU CAN OIL PAINT ADULT AND TEEN**

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! Discover the fun and ease of oil painting step-by-step with the patient and expert guidance of Robert & Susan Garden, professional artists with over 30 years of experience whose specialty is teaching students to complete a beautiful painting in one lesson. You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided; oil paints, palette, brushes, canvas, easel and detailed lesson plan. Wear an old T-shirt and bring paper towels to class. Themes include: "Italian Villa with Staircase", "Northern Lights of Alaska on Black Canvas", "Tribute to Kinkadee's Bridge of Faith", "Bluebonnets with a Palette Knife", "Sunset with Blue Heron".

Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210810-01	1/15	EFLC	14+	TH	6-9pm	1	\$37
210810-02	2/19	EFLC	14+	TH	6-9pm	1	\$37
210810-03	3/19	EFLC	14+	TH	6-9pm	1	\$37
210810-04	4/16	EFLC	14+	TH	6-9pm	1	\$37
210810-05	5/14	EFLC	14+	TH	6-9pm	1	\$37

**THE ART OF SPOKEN WORD**

This class will cover basics and techniques to poetry writing as well as performance. Students will be given resources to begin with, and will be taught formative steps to approach the paper and the approach to the stage. Students will take a general understanding of the art of poetry. Guest speakers will come, present and perform. The class will culminate in students being given an opportunity to publish and anthology. Instructor: Alexandria Gurley.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210700-01	1/3	EFLC	14+	S	10am-12pm	8	\$42
210700-02	3/14	EFLC	14+	S	10am-12pm	8	\$42

**POWER YOGA**

Open to all levels of yoga students looking to deepen their yoga practice. Power yoga is a vigorous, fitness-based approach to Vinyasa style yoga. Focus will be on strength, core stability and breath work. Instructor: Beth Pizzuto

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210571-01	1/10	EFLC	15+	S	8:30-9:30 am	4	\$42
210571-02	2/7	EFLC	15+	S	8:30-9:30 am	4	\$42
210571-03	3/7	EFLC	15+	S	8:30-9:30 am	4	\$42
210571-04	4/4	EFLC	15+	S	8:30-9:30 am	4	\$42
210571-05	5/2	EFLC	15+	S	8:30-9:30am	4	\$42

**HOT HULA FITNESS**

HOT HULA fitness® is a fun, new and exciting dance workout. It provides a "total body workout" in 60 minutes broken down into segments including warm-up and cool-down so you can do a shorter workout depending on your time and fitness level. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands. HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy HOT HULA fitness®. No equipment required, barefoot works best. Bring water and a towel. Instructor: Ema Colon

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210330-01	1/5	EFLC	15+	M/W	8-9pm	6	\$62
210330-02	2/16	EFLC	15+	M/W	8-9pm	6	\$62
210330-03	3/30	EFLC	15+	M/W	8-9pm	6	\$62
210330-04	5/4	EFLC	15+	M/W	8-9pm	6	\$62

**KICKBOXING BOOT CAMP**

If you want to get in shape and burn calories, this is the class. Class uses bags, gloves, jump ropes, weights, and drills to work every inch of the body. Bring gloves, towel, and water. No class 3/9 & 3/11. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210316-01	1/5	EFLC	16+	M/W	7-7:55pm	3	\$32
210316-02	2/2	EFLC	16+	M/W	7-7:55pm	3	\$32
210316-03	3/2	EFLC	16+	M/W	7-7:55pm	3	\$32
210316-04	4/6	EFLC	16+	M/W	7-7:55pm	3	\$32
210316-05	5/4	EFLC	16+	M/W	7-7:55pm	3	\$32







### PILATES FITNESS

This class builds strength, flexibility, and body toning from head to toe. It is designed to help you with daily activities, abdominal strength, and movement. Emphasis on Pilates exercises plus other equipment that is provided. No class 3/9 & 3/11. Please bring a mat and towel. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210320-01	1/5	EFLC	16+	M/W	6-6:55pm	3	\$32
210320-02	2/2	EFLC	16+	M/W	6-6:55pm	3	\$32
210320-03	3/2	EFLC	16+	M/W	6-6:55pm	3	\$32
210320-04	4/6	EFLC	16+	M/W	6-6:55pm	3	\$32
210320-05	5/4	EFLC	16+	M/W	6-6:55pm	3	\$32

### YOGA

Yoga is an ancient discipline that uses breath, physical postures, mental focus, and relaxation to firm the body, calm the breath, soothe the mind, and refresh the outlook. Make a change in your life with yoga. Experience new increased strength, flexibility, balance, and weight loss. Yoga changes lives! Please bring your own sticky mat and beach towel. No class 3/9 & 3/11. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210325-01	1/5	EFLC	16+	M/W	5-5:55pm	3	\$32
210325-02	2/2	EFLC	16+	M/W	5-5:55pm	3	\$32
210325-03	3/2	EFLC	16+	M/W	5-5:55pm	3	\$32
210325-04	4/6	EFLC	16+	M/W	5-5:55pm	3	\$32
210325-05	5/4	EFLC	16+	M/W	5-5:55pm	3	\$32

### SPIN AND SWEAT

Want to crank up your workout, burn more calories, and fat? Come join us for a great workout and a great time. Get ready to work hard and sweat like crazy! No class 2/11 or 3/11. Instructor: Christian Smalls

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210343-01	1/7	EFLC	16+	W	6-6:45pm	4	\$26
210343-02	2/4	EFLC	16+	W	6-6:45pm	6	\$38
210343-03	4/1	EFLC	16+	W	6-6:45pm	4	\$26
210343-04	5/6	EFLC	16+	W	6-6:45pm	3	\$20

### TAI CHI BEGINNERS

Tai Chi Chuan combines aerobic activity, circulation, breathing and stretching techniques to help all fitness levels find internal balance while doing a weight bearing, low-impact workout. Wear loose clothing and flat shoes. This class repeats monthly. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210305-01	1/6	EFLC	16+	T	6-7pm	4	\$40
210305-02	2/3	EFLC	16+	T	6-7pm	4	\$40
210305-03	3/3	EFLC	16+	T	6-7pm	4	\$40
210305-04	3/31	EFLC	16+	T	6-7pm	4	\$40
210305-05	4/28	EFLC	16+	T	6-7pm	4	\$40

### TAI CHI ADVANCED

Tai Chi is proven to restore energy, strength and endurance, develop grace and balance, resulting in relaxation and suppleness. Returning students learn additional moves and continue the study of Yang form introduced in the beginner course. Chi-Kung exercises and two-person drills will be introduced. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210306-01	1/6	EFLC	16+	T	7-8pm	4	\$40
210306-02	2/3	EFLC	16+	T	7-8pm	4	\$40
210306-03	3/3	EFLC	16+	T	7-8pm	4	\$40
210306-04	3/31	EFLC	16+	T	7-8pm	4	\$40
210306-05	4/28	EFLC	16+	T	7-8pm	4	\$40

### DIGITAL PHOTOGRAPHY

This class is for a person that wants to know how to use a camera. Not everything on the camera will be taught, but what will be taught will be most useful in everyday pictures. This class is will give you the basic techniques that are used by the pro's to shoot good pictures. The class will be taught in a simple way so everyone will understand the camera and the technique in shooting good pictures. Please bring your camera to class and get ready to learn how to be the photographer you have always wanted to be. Instructor: Tim Lane

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210830-01	1/5	EFLC	16+	M	6:30-8pm	2	\$50
210830-02	2/10	EFLC	16+	T	6:30-8pm	2	\$50
210830-03	3/2	EFLC	16+	M	6:30-8pm	2	\$50
210830-04	3/28	EFLC	16+	S	9am-12pm	1	\$50
210830-05	4/20	EFLC	16+	M	6:30-8pm	2	\$50
210830-06	5/11	EFLC	16+	M	6:30-8pm	2	\$50

### ADULT TAP

All adults are welcome to come and dance out all the tension of our everyday life. We will learn basic techniques to advanced techniques of tap dance. It's a great class for exercise to keep our bodies moving. No class 3/10. Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210245-01	1/6	EFLC	18+	T	7-8pm	4	\$62
210245-02	2/3	EFLC	18+	T	7-8pm	4	\$62
210245-03	3/3	EFLC	18+	T	7-8pm	4	\$62
210245-04	4/7	EFLC	18+	T	7-8pm	4	\$62
210245-05	5/5	EFLC	18+	T	7-8pm	4	\$62

### ROLL IT, TAKE IT, LEAVE IT

Suitable for: working investors, job changers, workers facing layoffs and recent retirees. If you recently switched jobs, retired or are facing unemployment due to a layoff or downsizing, this seminar can help you determine what to do with the assets in your company-sponsored retirement savings plan. We'll help you evaluate your retirement goals and potential investment strategies, and then we'll discuss the pros and cons of your options. This seminar is taught by Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211002-01	1/15	EFLC	18+	TH	10-11am	1	FREE
211002-02	4/9	EFLC	18+	TH	10-11am	1	FREE

### SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

This presentation discusses how social security fits into your retirement income plan, when you should start taking benefits and tax considerations. Instructor: Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211004-01	2/5	EFLC	18+	TH	10-11:00am	1	FREE
211004-02	4/30	EFLC	18+	TH	10-11:00am	1	FREE

# Seniors



## Euless Family Life Senior Center

300 West Midway Drive, Euless, Texas 76039  
817-685-1671

Diane Eggers, Senior Center Supervisor, 817-685-1670

Renee Garrett, Senior Center Activity Programmer, 817-685-1871

Monday, Tuesday, Wednesday, Friday (6:30 a.m. - 4 p.m.)

Thursday (6:30 a.m. - 9 p.m.)

### SENIOR CENTER CLOSED

December 12, December 24-25, January 1, April 3

ANNUAL MEMBERSHIP	Euless Residents		Non-Residents		
	Senior Center, Rec Center, Fitness Center	Add Natatorium (Total Cost)	Senior Center Only	Add Fitness Center (Total Cost)	Add Natatorium (Total Cost)
Senior (age 60+)	\$5	\$25	\$25	\$75	\$120

\*All activities offered through the Euless Family Life Senior Center require a membership to participate. Hesitation on enrolling for programs and activities could result in missing out on some FabEuless opportunities. Help us prevent program and activity cancellation by registering early. Reservations are limited.

### HEALTH AND WELLNESS

#### Chair Training

Don't feel like standing.... Come sit with us! This class will help to gain strength, increase your endurance and yes you can sit!

Monday, 9:00 a.m., Tuesday, 2:15 p.m., FREE

#### Core & Stretch

Want to increase your flexibility and range of motion and have fun? Then this class is for you.

Monday and Wednesday, 10:30 a.m., FREE

#### Afternoon Yoga

Better than an afternoon nap! Basic and gentle yoga postures on the mat, followed by a time of deep relaxation and renewal.

Monday, 1 p.m., FREE

#### Aerobic Strength

This class will help you increase your overall strength and increase your cardiovascular endurance with fun aerobic dance followed up by light weight training. Come see what everyone has been talking about!

Tuesday and Friday, 9 a.m., Thursday, 7:15 p.m.

#### Tai Chi - Yang Style Tai Chi 49 Form

If you are looking for a way to exercise both the mind and the body this class is for you!! This Tai Chi form is very gentle and slow moving, yet it helps to improve your balance, increase your flexibility, strengthen your muscles, reduces stress and helps a variety of other health conditions. And we have FUN!!! Come join us!!

Tuesday, 10:30 a.m., FREE

#### Siva - Dancersize

The Polynesian approach to exercising while having fun! The traditional Samoan dance is the Siva. You will learn to exercise with gentle movements of the hands and feet in time to music.

Tuesday, 1 p.m., FREE

#### T.L.C. (Therapeutic. Lively. Chair.) YOGA

With the use and support of chairs, this Yoga Class is designed to help build strength, improve flexibility and balance in a very gentle way. If you prefer to do some of your practice on the mat that is always an option. Wednesday, 9 a.m., FREE

#### Zumba Toning

This class blends body-sculpting techniques and specific Zumba moves to build, strengthen and tone.

Wednesday, 1 p.m., FREE

#### Senior Boot Camp

Hut 2, 3, 4 get ready for Boot Camp. This class is sure to get you moving. This class is fun and challenging all at the same time.

Wednesday, 2:30 p.m., FREE

#### Senior Abs

Get your abs back in shape. This class will help build your abs to be strong and help you look better than ever.

Thursday, 9 a.m., FREE

#### Zumba

Want to Party while exercising? This Latin inspired fitness dance class incorporates Latin and international music. The cardio based dance movements are easy to follow steps that include body sculpting, which targets areas such as legs, arms, core, abdominals and improves cardio function. Tuesday and Thursday, 10:30 a.m., Thursday, 6 p.m., FREE

#### Quiet Yoga

This class will focus on the joints and spine helping to improve flexibility and range of motion. Quiet Yoga is based on the principles of Yin Yoga and is designed to balance out the more muscular types of exercise. This practice is done on the mat mostly in seated or reclined poses. Friday, 10:15 a.m., FREE



**TRIPS****Holocaust Museum**

Join us as we travel to the top-rated attraction in North Texas, the Museum is one of 19 Holocaust-related Museums in the United States and the only Holocaust Museum serving North Central Texas, as well as the adjacent states of Oklahoma, Arkansas and Louisiana and is home to about 125 survivors, refugees and hidden children from the Holocaust. **Fee: \$11, Friday, January 23, 9 a.m. – 3 p.m.**

**Fort Worth Stock Show & Rodeo**

The Stock Show has rich traditions and lots of history. The 118-year old event is the nation's oldest livestock show, featuring over 22,000 head of world-class livestock on exhibit and the largest annual event in Tarrant County. **Fee: \$23, Wednesday, February 4, 12:30 – 5 p.m.**

**Eisemann Center – The Church Basement Ladies in The Last (Potluck) Supper Theater Production**

It is 1979, the day of the church's Centennial Celebration, and past parishioners have gathered to share covered dishes and stories from the last 100 years. As the women work in the kitchen, these shared memories burst into life through a series of flashbacks. Meanwhile, the Centennial Celebration continues on the lawn. But the celebration is bittersweet. Times are tough in this small farm community, and hard decisions will have to be made. But, once again, your favorite church basement ladies handle it all with grace, hilarity, and some brand new musical numbers that are sure to get your toes tapping.

**Fee: \$38, Saturday, March 14, 12:30 p.m. – 5:00 p.m.**

**Reunion Tower – Geo-Deck and Cloud9**

Think you've seen it all? Tour Dallas in one place, it's an amazing view. The Geo-Deck has something for everyone – the foodies, the fashionistas, adventure seekers or sightseers. Experience the interactive Halo today, and change your view forever. Lunch at Cloud 9 and tour is included.

**Fee: \$25, Wednesday, March 25, 10:30 a.m. – 3:00 p.m.**

**Dallas Blooms**

For 30 years, the Dallas Blooms festival has offered one of the most spectacular floral displays in the world featuring over 500,000 blooming spring bulbs. Join us for this spectacular collection of tulips, daffodils, pansies, violas, poppies and thousands of other annuals and perennials. Highlights of the festival include the blooming of over 100 Cherry Blossom trees and the mass flowering of 6,000 azaleas. **Fee: \$10, Wednesday, April 1, 9 a.m. – 3 p.m.**

**Delaney Vineyard**

Join us for an entertaining and educational experience with a tour and wine tasting at Delaney Vineyards and Winery in Grapevine, Texas. Your guide will take you on a tour of our working vineyard and describe the grape growing process. You may even see tiny grapes beginning to grow on our vines. We will take you on a tour of our winery while we explain the wine-making process used to make award-

winning Delaney Vineyards wines. Our guided tour concludes with a tasting of five Delaney Vineyards wines, all grown, produced, and bottled in Texas.

**Fee: \$12, Wednesday, May 6, 12:30 p.m. – 3 p.m.**

**SPECIAL INTERESTS****Sweet Talk with Zounds Hearing**

Zounds will discuss signs of hearing loss, what causes it, and the benefits of addressing it. There will be a sweet snack and a door prize. Reservations are required. **Wednesday, January 14 and May 13, 2:00 p.m.**

**Back to Basics with Texas AgriLife Extension Service**

Texas AgriLife Extension Service presents Back to Basics. Learn how to eat healthier, techniques and strategies to stretch your food money and how to keep food safe. Reservations are required. **Fee: FREE, Three Thursdays (must attend all to receive goody bag.): Reduce Stress, January 15, Stretch Food Dollars, January 22 and Food Safety, January 29, 2:30 – 3:30 p.m.**

**Pool Tournament**

Straight 8 Ball Pool Tournament.

**Fee: FREE, Wednesday, January 28, 8 a.m.**

**Spanish for Traveling**

Hola Amigo! Have you always been interested in learning the Spanish language but didn't know where to start? Or are you planning a trip to Mexico, Spain or any Latin American Country and would like to become more familiar with the language? Then this is the class for you! Participants will learn basic vocabulary; grammar and beginning conversation that will help you understand and start communicating in this wonderful language.

**Fee: \$10, Wednesday and Friday, February 4 to March 13, 11:30 a.m. – 12:30 p.m.**

**AARP Driver Safety**

This course cannot be used to dismiss a ticket. Payment is made at time of class and checks are payable to AARP. Please call 817-685-1671 to register.

**Fee: \$15 AARP member, \$20 AARP non member  
Wednesday, February 11, 9:00 a.m. – 1:00 p.m.**

**UNT Health Science Center**

A UNT Health Science Center fourth year medical school student will present on Monday, February 16 – Fall Prevention and Monday, March 16 – Diabetes Education. Reservations are required.

**Fee: FREE, 10:30 – 11:15 a.m.**

**Wii "SouperBowling" Tournament**

Join our "SouperBowling" Tournament. The top 3 bowlers and top 3 staff will face off of the "SouperBowl" challenge. We will have a Bowl of Soup for Lunch. All are welcome to come for a Souper good time.

**Fee: \$3/non-bowlers, Wednesday, February 25, 9 a.m. – 2 p.m.**



## Seniors

### Health Fair

Friday, March 20. Stay tuned for more information.

### Genealogy

Are you stuck up your family tree? This group is for those just beginning or wanting more for their genealogy quest. If you are stuck on the ground under your tree, or are stuck somewhere in your family tree, this group will help get you up the tree or unstuck! We're here to help each other swing from branch to branch. Come join us and get busy discovering your rich family history and heritage! **Fee: FREE, Mondays, 12:30 – 2:30 p.m.**

### "Hey, Whatcha Reading?" Book Club

Love to read? Have a favorite author? Remember that special book you read and still treasure? Join the "Hey, whatcha reading?" book club and tell us all about it. Bring a pen and start a new TBR list (To Be Read) as we share what's new, what's good and what's not worth the time! Whether it's hardback, paperback or E-book, we want to know about it.

**Fee: FREE, 2nd Tuesday, 10:15 – 11:15 a.m.**

### Flashlight Book Club

Remember those nights when you wanted to read "just one more chapter and I'll turn off the light?" And then the fun began: Flickering flashlights under bed covers allowed us one more chance to catch a glimpse of another world, another mystery, or another love story. Join The Euless Senior Center Flashlight Book Club as we enjoy reading and sharing reviews of a different book on the second Thursday of each month at 6 PM. First book up is *THE THIRTEENTH TALE* by Diane Setterfield, a rich story about secrets, ghosts, winter, books and family. Led by local author and Senior Center member Margaret Moseley Burris. Purchase the book or check the Euless library for help in locating the book. **2nd Thursday, 6 p.m.**

### LUNCH AND LEARN

The Lunch and Learn workshops are designed to be useful and informative. It is the individual's responsibility to make informed decisions regarding these workshops. Please call or stop by to make a reservation. Reservations are limited.

**Fee: FREE, 2nd Monday, 11:30 a.m. – 1 p.m.**

### Mystery Lunch and Learn – January 12

There's been a murder in our midst! Join for this Mystery Lunch and Learn approved for a fun day, which includes a sumptuous lunch—and plenty of head scratching.

### Community Hospice of Texas – February 9

"What's Your Plan?" is an education and action-oriented initiative that is an on-going community service project that encourages people to not only think about their preferences for care and support at end of life, but to communicate their wishes to their loved ones. We

understand that this is not an easy discussion to have, but remember you are not alone. Community Hospice of Texas offers a wealth of information and can be utilized as a resource by anyone in the community.

### Medicare Education with Sherry Norton – March 9

Learn about Medicare and how to save money. Subjects may include: hospitalization procedures, insurance updates and how it affects Medicare benefits and exploring good Medicare supplemental insurance. All questions are welcomed.

### Turning 65 with Bob Howell of Howell Health and Life Insurance – April 13

Turning 65 or about to? Come see what Bob has to say about turning 65.

### LUNCH BREAK AND NIGHT LIFE

#### Dining Out Club

Do you have a restaurant you love to dine out at but don't like dining out by yourself? Join us on the 3rd Monday of each month. This is a friendly, casual, nominal cost evening where you can dine and enjoy old and new friends. Things tend to get going around 5:00 pm at a local restaurant. Everyone provides their own transportation. Please call 817-685-1671 to make your reservation and find out where we are going each month. **Fee: Dinner cost varies, 3rd Monday, 5 p.m.**

#### Mystery Lunch

There's been a murder in our midst! Join us on this fun day out, which includes a sumptuous lunch—and plenty of head scratching. Come solve the mystery as we travel to different restaurants in the DFW area. **Fee: Lunch cost varies, 3rd Wednesday, 12:30 p.m.**

#### Thursday Night Games

Do you have a domino, card or board game you love but can't get enough players together? Want to try new games you might not have played before? You've come to the right place. Every Thursday night we are open for game night. This is a friendly, casual, no-cost event where you can try out new games or enjoy old favorites. Things tend to get going around 5:00 p.m. but feel free to drop in anytime throughout the evening. **Fee: FREE, Thursday Evening, 5 - 9 p.m.**







## **ARTS AND CRAFTS**

### **Jewelry Making**

Can't find that fancy bracelet, necklace or earring set at the local store? This class is perfect for letting your imagination go wild! Helen will teach you basic to advanced techniques to create that jewelry set you can't find in the store. All levels are welcome. Basic tools are available. Project Supplies will be available for a nominal fee. Come join in on the fun! No class November 17 - 28 and December 22 - January 2.

**Fee: \$10/month, Tuesday, 12:30 p.m.**

### **Oil Painting with Joan**

Want to paint like Bob Ross? Joan will show you the way. Don't have supplies, no problem. We will supply you with the paints, brushes and the canvas to start. If you love the class and want to continue supplies (paints, brushes and canvas) will be your responsibility.

**Fee: \$20/month, Thursday, 10:00 a.m.**

### **Weave me Alone Basket Class**

We're absolutely delighted to have Brenda McKinnon from Bedford, Texas. She will be offering Jelly Jar Basket class. This basket is a great gift for those pint size jelly jars and much more. You will learn how to make; a swing bail wire handle, base is 3 x 7 in height about 5 inches not including the handle.

**Fee: \$10 plus supplies, Thursday, January 8, 1 to 3:30 p.m.**

### **Polymer Clay for Beginners**

This class is an introductory class for those who are brand new to Polymer clay. This class is packed with tips, tricks and techniques. You will learn to make unique and unusual beads, pendants, earrings and bracelets. You will also explore colors patterns, textures and shapes. Its fun, it's challenging, and it allows you to express yourself in a new way.

**Fee: \$10 plus \$10 supply fee, 2nd and 4th Thursday, 5 - 8 p.m., only Jan. 15 & 22.**

### **Senior Can Paint with Oils with Robert Garden School of Art**

Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Beginners learn basics of color mixing, brushstrokes and perspective while completing a detailed landscape or seascape. All art supplies, canvas, paints brushes easel and detailed lesson plan are provided. Please bring paper towels and wear old clothes. See bulletin board for painting of the month.

**Fee: \$35/month, 3rd Friday, 1:30 - 4:00 p.m.**

## **SPECIAL EVENTS**

### **Valentine Party**

Love is in the air! You're invited to join us for Somethin' Sweet on Valentine's Day. We will have a SWEET day of dancing, finger food and somethin' sweet to eat. Be sweet and join us! Reservations are required.

**Fee: \$3, Friday, February 13, noon.**

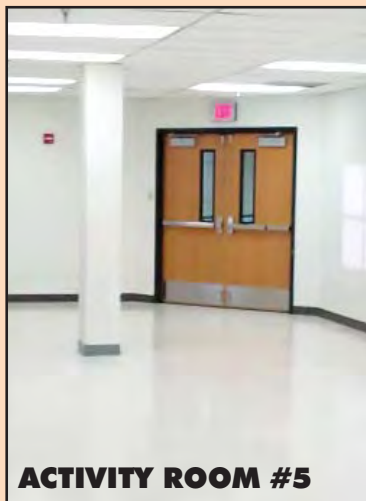
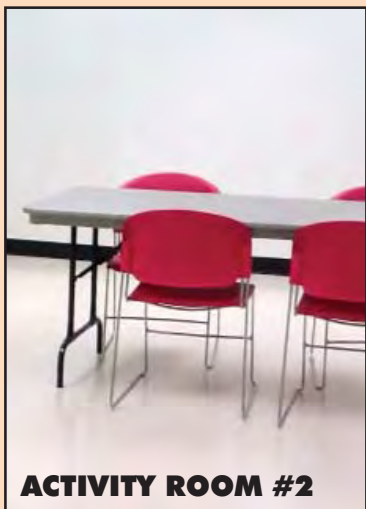
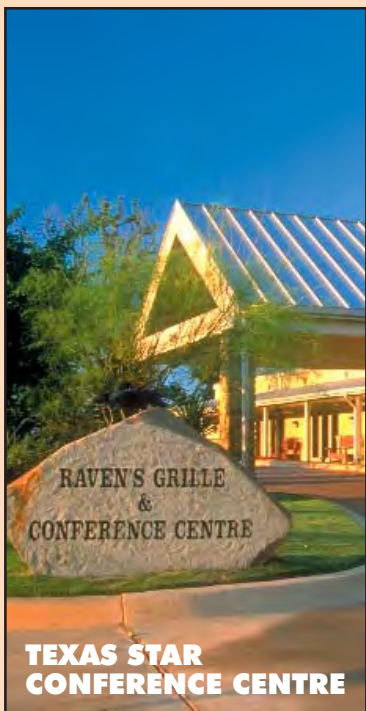


### **Kentucky Derby Rides Again**

The Kentucky Derby is coming to the Euless Senior Center. Join us for this fun filled day! Prizes will be awarded for the most creative, most beautiful and biggest Derby hat and most creative stick horse and best dressed for the Run for the Roses! We will be serving chicken salad sandwiches, fruit salad and cheesecake and of course non alcoholic Mint Juleps. Let the racing begin! **Fee: \$3, Friday, May 1, noon.**

## **REFUND POLICY**

Refunds are not given for programs, special events and trips. A refund will be given if the spot can be filled. If a program, special event or trip etc. is cancelled by the senior center staff, a full refund will be issued to the participant.

**ACTIVITY ROOM #5****ACTIVITY ROOM #2****TEXAS STAR  
CONFERENCE CENTRE**

## **INDOOR FACILITY RENTAL INFORMATION**

### **Euless Family Life Center, 300 W. Midway Dr. 817-685-1649**

Note: Reservations required, a minimum of 7 days in advance, a maximum 60 days in advance.

Amenities: Tables and chairs are included in the rental fee.

### **MEETING ROOMS**

Resident:	\$30/hr	
Non-resident:	\$60/hr	
Deposit:	Without food or drink	\$50
	With food or drink	\$250

	Occupancy Load	Seated Occupancy
Activity Room #1	40	24
Activity Room #2	10	10
Activity Room #5	90	50

### **GYMNASIUM\*** (capacity = 250)

After hours rental only - Friday, 8 - 11 p.m.; Saturday, 6 - 11 p.m.; Sunday, 6 - 9 p.m.

Resident:	\$45/hr (minimum 2-hour rental) + \$20 per hour building attendant fee
Non-resident:	\$90/hr (minimum 2-hour rental) + \$20 per hour building attendant fee
Deposit:	\$50

Note: Sport Court activities are the only activities allowed in the gym. There is no food or drink allowed in the gym.

### **Simmons Center, 508 Simmons Dr.**

**817-685-1649**

Note: Reservations required a minimum of 2 weeks in advance. Maximum 60 days in advance.

Occupancy Load: 60

Amenities: Full kitchen with refrigerator/freezer, oven, stove, microwave, ice machine, J.A. Carr Park and gazebo.

Tables & Chairs available: 60 chairs, 15 - 6 ft. tables, 10 - 3 ft. card tables

Resident:	3-hour minimum	\$100	Each additional hour	\$35 per hour
Nonresident:	3-hour minimum	\$200	Each additional hour	\$70 per hour
Deposit:	\$50 (without food or drink)		\$250 (with food or drink)	

### **TEXAS STAR CONFERENCE CENTRE**

**817-685-1845**

A 7,000 square foot conference centre and 4,000 square foot pavilion with full services, amenities and on-site catering. [www.TexasStarGolf.com](http://www.TexasStarGolf.com)

**PARKS AT TEXAS STAR PAVILION**





## OUTDOOR FACILITY RENTAL INFORMATION

**817-685-1649 / ofaiva-siale@eulesstx.gov**

NOTE: Reservations required, a minimum 7 days in advance and a maximum of 60 days in advance.

Area	Resident	Non-Resident	Deposit
Pavilion	\$50	\$100	\$250
Amphitheater	\$150	\$300	\$250
Gazebo	\$25	\$50	\$250

Available time blocks for pavilions, amphitheater and gazebo:

5 a.m. – 9 a.m. / 9:30 a.m. – 1:30 p.m. / 2 p.m. – 6 p.m. / 6:30 p.m. – 10:30 p.m.

### PAVILIONS

**Aquatic Park Pavilion** 300 W. Midway Dr. (available October – April) Capacity = 50  
**Amenities:** Picnic tables, large serving counter, minimum electricity, permanent restrooms.

**Bear's Den Pavilion** 1951 Bear Creek Pkwy. (east side of Parkway) Capacity = 200  
**Amenities:** Playground, picnic tables, grilling areas, walking / jogging trail, minimum electricity, restrooms.

**Bob Eden Park Pavilion** 901 W. Mid-Cities Blvd. Capacity = 250  
**Amenities:** Playground, picnic tables, grilling areas, 3 regulation-size sand volleyball courts, softball practice field (for rental), tennis courts, walking / jogging trail, permanent restroom, minimum electricity.

**Parks at Texas Star Pavilion** 1501 South Pipeline Rd. Capacity = 100  
**Amenities:** Playground, picnic tables, grilling area, batting cages, walking / jogging area, minimum electricity, permanent restrooms.

**Leon Hogg Pavilion** 1951 Bear Creek Pkwy. (west side of Parkway) Capacity = 250  
**Amenities:** Picnic tables, benches, grilling areas, walking / jogging trail, serving stand, minimum electricity, restrooms.

### LEON HOGG AMPHITHEATER

**Amphitheater Stage, & Pavilion / 1951 Bear Creek Pkwy. (west side of Bear Creek Pkwy.)**  
 Capacity = 1,500

**Amenities:** Picnic tables, benches, serving stand, grilling area, two additional smaller pavilions, walking / jogging trail, minimum electricity, restrooms.

### GAZEBOS

**J.A. Carr Park Gazebo** 508 Simmons Dr. Capacity = 50

**McCormick Park Gazebo** 2190 Joyce Court Capacity = 50

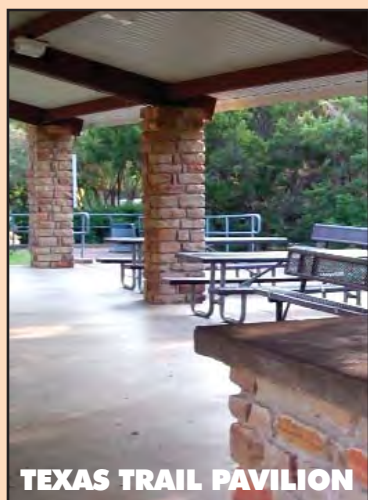
**The Preserve at McCormick Park Gazebo** 2005 Fuller-Wiser Rd. Capacity = 50

### PRACTICE FIELD

NOTE: Reservations require a minimum 2-day (48-hour) notice and cannot be made more than 2-weeks prior to the rental. To see full field rental policies, please visit [www.eulesstx.gov/pacs](http://www.eulesstx.gov/pacs). Field preparation is not included. Fields may be closed at times for scheduled maintenance or special events.

Fees per hour	Resident No Lights	Resident With Lights	Non-Resident No Lights	Non-Resident With Lights
Field	\$10	\$18	\$20	\$28

**Bob Eden Park Field** 901 W. Mid-Cities Blvd.  
 Available: 8 a.m. - 10 p.m.



TEXAS TRAIL PAVILION



J.A. CARR PARK  
GAZEBO



BOB EDEN FIELD



## Parks

### Blessing Branch Park

408 E. Denton Dr. **Size:** 3 acres  
**Facilities:** Picnic and playground area.

### Bob Eden Park

901 W. Mid-Cities Blvd. **Size:** 47 acres  
**Facilities:** One flag football/soccer field, one lighted baseball/ softball field, playground, picnic areas, 1.9 mile walking and jogging track with warm up stations, pavilion, two lighted tennis courts, three lighted regulation-size sand volleyball courts and restrooms. (Trail connects to McCormick Park & Trailwood Park.)

### Heritage Park

201 Cullum Dr. **Size:** 4 acres  
**Facilities:** Euless Museum, Historic Fuller House, Himes Log House, McCormick Barn, playground, picnic areas, 1/4 mile walking trail.

### J. A. Carr Park

508 Simmons Dr. **Size:** 5 acres  
**Facilities:** Half-mile walking and jogging trail, picnic areas, sand volleyball court, playground, gazebo and garden, shaded areas, restrooms, Simmons Center.

### Kiddie Carr Park

800 Pauline St. **Size:** 4 acres  
**Facilities:** Picnic areas, shade trees, and outdoor basketball courts.

### Lakewood Tennis Courts

1600 Donley Dr.  
**Facilities:** Two lighted tennis courts.

### McCormick Park

2190 Joyce Court **Size:** 12 acres  
**Facilities:** 1/3 mile bike and hiking trail, picnic areas, restrooms, gazebo and playground. (Trail connects to Bob Eden Park and the Preserve at McCormick Park.)

### Midway Park

615 N. Main St. **Size:** 22 acres  
**Facilities:** Two lighted youth baseball/softball fields, playgrounds, picnic areas, Natatorium, Euless Family Life Aquatic Park, shaded area, Euless Family Life Center, Euless Family Life Senior Center.

### The Parks at Texas Star

([www.ParksAtTexasStar.com](http://www.ParksAtTexasStar.com))

1501 S. Pipeline Rd. **Size:** 120 acres  
**Facilities:** Picnic areas, five baseball/softball fields, one championship-size soccer field, six youth soccer fields, three T-ball fields, Dr Pepper Star Center, batting cages, two concession stands, pavilion, concrete walking trail, playground, exercise area, restrooms.

### The Preserve at McCormick Park

2005 Fuller-Wiser Road **Size:** 27 acres  
**Facilities:** Concrete walking trails, playground, gazebo, picnic areas, Historic Tree Grove, outdoor classroom, bird watching area, species trail, 2 ponds, fishing pier, restrooms, boardwalk. (Trail connects to McCormick Park and Villages of Bear Creek Park.)

### Reflection Park

1251 Fuller-Wiser Rd. **Size:** one-half acre  
**Facilities:** Bench seating.

### Softball World at Texas Star

([www.SoftballWorld.us](http://www.SoftballWorld.us))  
 1375 W. Euless Blvd. **Size:** 16 acres  
**Facilities:** Four lighted softball fields, concession stand, pro shop, playground.

### South Euless Park

600 S. Main St. **Size:** 5 acres  
**Facilities:** Swimming pool, picnic areas, playground, Splash Island, Old North Main Iron Bridge, outdoor basketball court.

### Trailwood Park

500 Trailwood Drive **Size:** 11 acres  
**Facilities:** Playground, picnic stations and trails. (Connects to Bob Eden Park.)

### Villages of Bear Creek Park

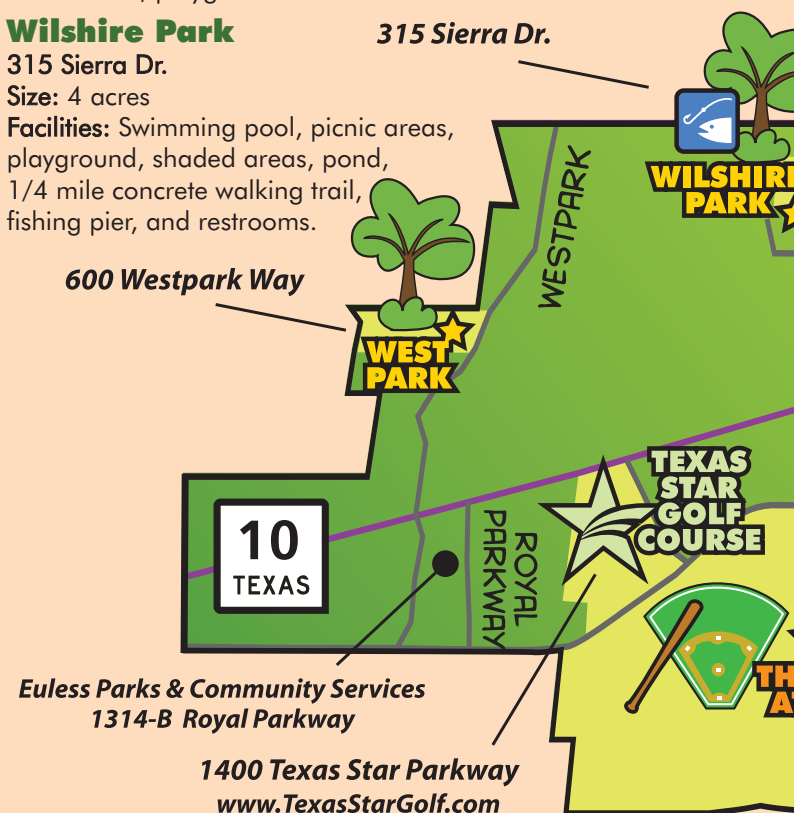
1951 Bear Creek Parkway **Size:** 40 acres  
**Facilities:** 3 acre dog park, seven soccer fields, picnic areas, three-mile nature walking/jogging trail with plant and tree identification signs throughout, city in-ground tree farm, playground, ground-seating amphitheater, two pavilions, one practice softball field, three large parking areas, restrooms. (Trail connects to The Preserve at McCormick Park.)

### West Park

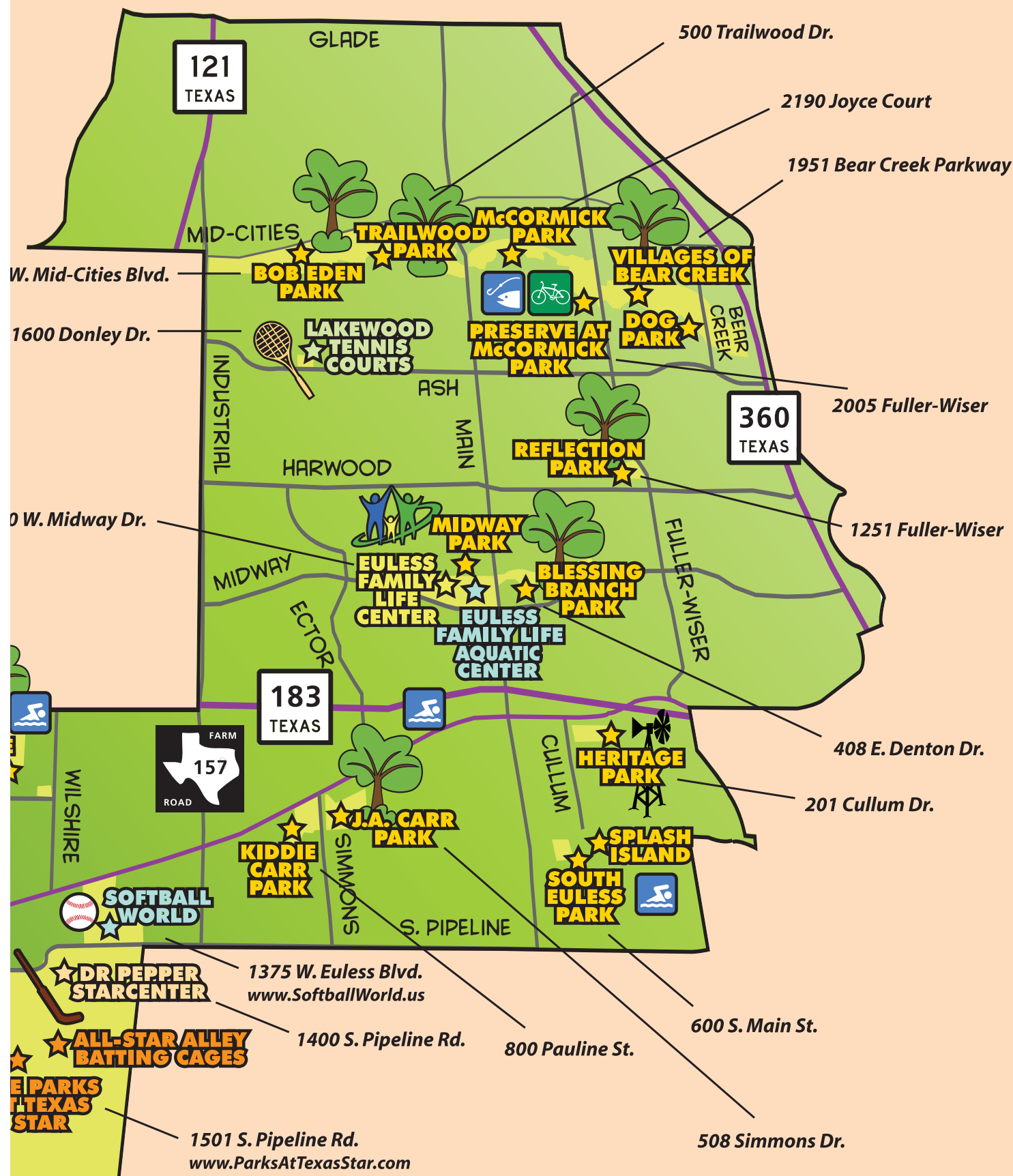
600 Westpark Way **Size:** 21 acres  
**Facilities:** Two youth lighted baseball/softball fields that can be converted to a soccer field, picnic areas, one youth softball field, nature area, playground and restrooms.

### Wilshire Park

315 Sierra Dr. **Size:** 4 acres  
**Facilities:** Swimming pool, picnic areas, playground, shaded areas, pond, 1/4 mile concrete walking trail, fishing pier, and restrooms.







## POSTAL CUSTOMER



**SENIOR VALENTINE PARTY / PG. 27**



**PARKS AT TEXAS STAR BASEBALL LEAGUE / PG. 3**



**FITNESS CENTER INFO / PG. 9**



**STARCENTER SKATING & HOCKEY ACADEMY / PG. 12**